DAKSHIN BHARAT DISHES

MORE THAN 300 TESTED RECIPES FROM SOUTH INDIAN CUISINE

JAYA V. SHENOY

Dakshin Bharat Dishes

INDIAN VEGETARIAN COOKBOOK

> The discovery of a new dish does more for human happiness than the discovery of a star
>
> — *Brillat Savarin*

JAYA V. SHENOY

SRI VIDYA BHARATHI
BOOK CENTRE
Bharathi Street
SRINGERI-577 139.

SARASWATHA PRAKASHANA
UDUPI – 2, D.K., INDIA

@ Sudha K. Kamath
First Print: 1989
Second Print: 1992

Editor
K. VITTAL SHENOY

Price: Rs. 65/-

Printed in India at
MANIPAL POWER PRESS
MANIPAL

Acknowledgement

We are highly grateful to the following persons, whose help and co-operation made this publication possible:

sponsors
T. MOHANDAS PAI
T. SATISH PAI

contributions
RADHA R. DORE
MEERA S. PRABHU
DR. S. SUDHAKAR NAYAK

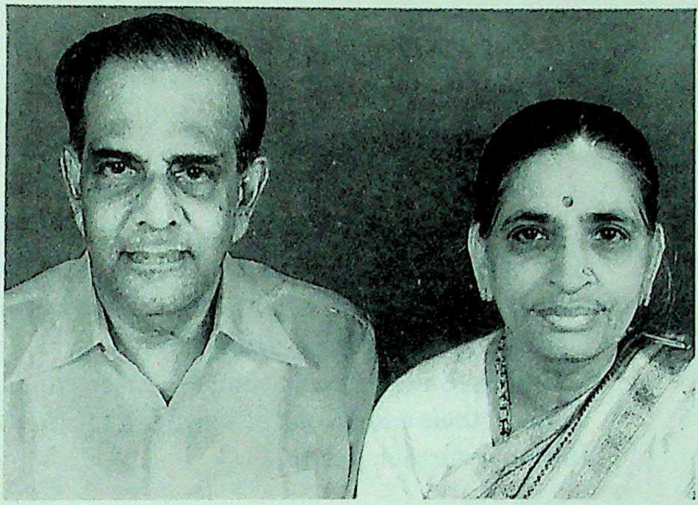
assistance
RAVIKALA VISHWANATH
SUDHA K. KAMATH

art direction
SANDHYA S. PAI
SANTOSHKUMAR GULVADY

photography
M. G. RAO

— **Saraswatha Prakashana**

HOMAGE



To the loving memory of a loving couple — **K. Vittal Shenoy** and **Jaya V. Shenoy,** who loved good life and good taste; good food and good reading. They gave five outstanding cookbooks –

AMGELE KHANA JEVANA (in Konkani)

OOTA UPAHARA (in Kannada)

DAKSHINA BHARAT DISHES (in English)

SULABHA ADUGE (in Kannada)

AROGYAKARA AHARA (in Kannada)

We pay our respectful homage to their memory.

SARASWATHA PRAKASHANA

"A well researched and nicely presented document of immense value. This Vegetarian Cookbook would play a significant role amongst housewives and catering industry professionals alike, in their endeavour of satisfying the South Indian gourmet palate.

The recipes have indeed been methodically classified and compiled for ready reference''.

SUNDRESH PRASAD
Principal
Welcomgroup Graduate School of
Hotel Administration, Manipal

Contents

Preface 4
How to use this book 5
1. Pooja Sweets 6
2. Saars, Rasams and Soups 8
3. Kadis and Thamblis 12
4. Sambars, Kolambus and Hulis 14
5. Gozzus and Salads 17
6. Chutneys, Pachadis and Kosumbaris 19
7. Plain Curries 24
8. Mixed Vegetable Curries 29
9. Pathravade, Sannan and Sanna Polo 31
10. Masala Curries 34
11. Pickle Type Curries 47
12. Stuffed Curries 51
13. Fried Dishes 53
14. Rice Dishes 55
15. Payasams and Kheers 59
16. Sweet Dishes 62
17. Breakfast Dishes 67
18. Idlis and Idiappam 71
19. Dosai Varieties 75
20. Appe, Mudde and Patholi 80
21. Bhakri, Roti and Cutlets 83
22. Puri, Chapati and Side Dishes 85
23. Bondas and Vadais 91
24. Bajes, Pakora and Samosa 94
25. Savouries 96
26. Sweets 101
27. Curry Powders and Dry Chutneys 109
28. Pickles 112
29. Papads and Vadis 113
30. Fruit Salad, Juices and Jams 115
Choice of Food and Diet 118
Names of Foodstuffs 120
Index 123

Illustrations

Front Cover: Modak, Khotte, Sev Laddu, Murku and Panchakajjai (centre)
Back Cover: Vadai, Undi, Masal Dosai, Chutney and Sambar

Preface

All over the world there is now a welcome shift towards vegetarianism, because people have come to realise the value of vegetarian diet for the health of the body and mind. In this context, we hope any book on vegetarian cooking is timely, and more so a book of this kind that presents a wide range of recipes selected from the diverse cuisine of South Indian States in a compact form.

Reviewing the author's first cookbook *Amgele Khana Jevan* in Konkani, the Hindu, Madras commented as follows: 'Practice of cookery is one thing and the exposition of the art of it is quite another. An unusual combination is found in the book authored by Jaya V. Shenoy.' Special effort has been made in this edition to make the exposition still simpler and the recipe instructions more easy to follow.

The author being a Konkani by birth, the book is naturally beamed to the Konkani palate. But one cannot lose sight of the fact that it deals with a large variety of food preparations having a much wider appeal, drawn or adapted from various other sources including a few from Northern India, which have now crept into the menus served in many South Indian homes and hotels.

In India, the art of cooking used to be handed down to girls by elders in the family, by word of mouth and through practical instruction. So much so, by the time a girl attained the age of marriage, she was equipped with adequate knowledge and skills in cooking. However, with the joint family system fast breaking up, and more and more girls pursuing collegiate education and entering the professions, opportunities of acquiring the culinary skills in the above manner are now almost lacking. There is, therefore, an urgent need for guide books of this kind for promoting self effort and developing confidence among the newly-weds, who are called upon to shoulder the responsibility of cooking for themselves. We hope the book will provide a good source for even expert housewives, who enjoy preparing new dishes to break the monotony of the daily menu and give greater satisfaction to the palate of their family and guests.

When we first published the Konkani cookbook by Jaya V. Shenoy, there was an irresistible demand from non-Konkani speaking readers for bringing out the book in other languages, too. Acting on their suggestion we came up with a revised and enlarged version titled *Oota Upahara* in Kannada. Encouraged by the quick and overwhelming response it received, here we are with an English edition for the benefit of a much wider circle of readers in India and abroad.

– **Editor**

How to use this book

1. First, find out the desired recipe with reference to the *Contents* and *Unit* headings. Alternatively, refer to the *Index* appearing at the end of the book, wherein the page number of every recipe is given.

2. Please note there are 30 unit headings in the book. Dishes are clubbed under each heading, according to similarity in taste and/or method of preparation.

3. Read through the whole recipe, note the steps and their sequence, get together all the ingredients and then only start cooking the dish. That is the organised and time-saving way to cook.

4. Generally speaking, the list of ingredients under each recipe has been drawn up for a family consisting of 4 or 5 members. It may be modified to suit individual tastes and needs.

5. As far as possible, quantities are given in terms of teaspoon (tsp), tablespoon (tbsp), cup and pav, that are present in all Indian kitchens. The following conversion table, though not very accurate, generally gives good results:

   60 drops = 1 tsp
   4 tsps = 1 tbsp
   14 tbsps = 1 cup
   1 cup (heaped) = 1 pav
   4 pav = 1 seer

   All the *spoon, cup* and *pav* measures given in the book are level, unless otherwise stated.

6. Regarding the size of vegetables, fruits, ball jaggery etc. it may be taken as *medium,* unless otherwise indicated.

7. From the health and nutrition point of view, it is advisable to use refined oil, gingili or soyabean oil as the cooking medium. The use of ghee, coconut oil and other media containing saturated fats should be reduced to the minimum, if not totally avoided.

8. To know the regional name of any foodstuff mentioned in the book refer to the glossary (pages 120-122) wherein the equivalents are given in seven major Indian languages.

1. Pooja Sweets

Modak

2 plantains
¼ pav maida
1 pinch salt
2 cardamom pods
2 tsps sugar
ghee for frying

Peel plantains. Mash. Add sugar, salt, powdered cardamom and maida. Mix well and prepare dough. Heat ghee in frying pan, drop small pellets of dough gently into ghee and deep fry till reddish brown.

Instead of ¼ pav maida, fine soji and rice flour mixed with maida (totally ¼ pav) can be used.

Sapada Bhakshya

1 ½ pav fine soji
1 ½ pav sugar
½ litre milk (cow's)
½ litre ghee (cow's)
5 plantains (rasabaale)

Peel plantains and cut into thin slices. Boil milk and keep aside. Take 2 tbsps ghee in another vessel and roast soji with it. Pour hot milk. Cook over medium flame till soji becomes soft. Add plantain slices and sugar. Turn over constantly for a few minutes. Pour the remaining ghee and continue turning over till it forms a lump. Remove from flame.

Sukrunda

1 pav sugar
1 pav maida
oil/ghee for frying
1 pinch saffron
2-3 cardamom pods
½ pav bengal gram flour
1 pav bengal gram dhal

Wash bengal gram dhal. Cook in water till soft. Decant the water on top. Add sugar to the cooked dhal and go on turning over till it forms a lump. Then transfer to grinder. Grind finely without adding water. Before taking out add cardamom and grind for a while. Take out and make pellets of lemon size. Stir saffron in ½ cup water. Add maida and bengal gram flour, mix well and prepare a batter. Heat oil/ghee in frying pan. Dip the pellets, one by one, in batter and deep fry till golden brown (turning over occasionally) 6-7 at a time.

Nevri

3 pav maida
2 cups finely powdered sugar
2 cups coconut gratings
3 cardamom pods
1 pinch salt
oil for frying

To ½ cup water add a pinch of salt and just sufficient maida, mix well and prepare dough as for puri. Keep the remaining maida aside. Blend together powdered sugar, coconut gratings and powdered cardamom. Prepare small pellets of the dough, dust them with maida one by one, and roll into puris. Place a pellet of the blend on one half of each puri and cover it up with the other half. Press edge with fingers and seal it, using a pastry cutter. Deep fry the nevris in oil kept at smoking point, on steady flame, one by one.

Panchakajjai

¾ pav green gram dhal
2 cups coconut gratings
2 cups sugar
2 tbsps thil seeds
3 cardamom pods
2 tsps ghee

Roast green gram dhal till brown. Grind to coarse powder. Prepare blend by mixing together coconut gratings and sugar. Wash thil seeds. Roast and mix with the blend. Add powdered cardamom, powdered dhal and ghee. Mix well.

Similar panchakajjai can be prepared with bengal gram dhal or 3 pav pop rice or 2 pav beaten rice, in place of green gram powder.

Bengal Gram Panchakajjai

1 pav bengal gram dhal
1 whole copra
1 pav sugar
2 tbsps thil seeds
3 cardamom pods

Roast bengal gram dhal till brown. Grind to a fine powder. Grate copra and keep aside. Powder sugar finely. Wash thil seeds and roast. Powder cardamom. First, mix together copra gratings, powdered sugar, thil and powdered cardamom. Then mix powdered bengal gram. This panchakajjai can be kept for several weeks without spoiling.

2. Saars, Rasams and Soups

Curry Leaves Saar

3-4 curry leaf sprigs
2 tsps thur dhal
3 tsps coriander seeds
½ tsp fenugreek seeds
½ tsp cumin seeds
12 pepper corns
3 red chillies
a small bit of asafoetida
salt to taste
1 tbsp coconut gratings
1 tamarind lump
(marble size)
1 piece of jaggery
(marble size)
2 tbsps oil
2 pinches mustard seeds
1 bunch of coriander leaves

Take 1 tsp oil in pan. Roast fenugreek, cumin, pepper, red chillies, asafoetida, curry leaves and coconut gratings with oil, till brown. Grind roasted ingredients with tamarind smoothly. Transfer masala to a vessel. Add water, as much as desired. Mix jaggery and salt to taste. Cook. Bring to boil. Season with mustard and curry leaves in oil. Add chopped coriander leaves. Cover vessel.

Horse Gram Saar/Kadi

1 pav horse gram
10-12 garlic cloves
6 cups water
3 red chillies
2 tbsps oil
salt to taste

Clean horse gram. Wash. Cook in water till soft. Decant watery portion on top and collect in a vessel. Add salt. Cook. Bring to boil. Remove from flame. Season with red chilli bits and garlic cloves in oil. Cover vessel.

Horse gram kadi: Borrow horse gram in bulk from cart driver or farmer. Boil 2-3 seers of gram and prepare saar as above and return the cooked gram to the owner. Thus one litre thick saar can be got per seer of gram. Boil the saar continuously for sufficiently long time. The sediment at the bottom of the vessel solidifies when cool. Then cut into cubes like chocolate. Store in bottle. To prepare kadi, dissolve a few bits in water, add salt and boil. Season with red chillies and 2 garlic cloves in oil, as above.

Cooked gram left in the vessel, after extracting saar, can be used for *horse gram upkari*.

Tomato Rasam

- 4 big tomatoes
- 2 tsps rasam powder
- 5-6 garlic cloves
- 1 small bunch coriander leaves
- 3 red chillies
- ½ tsp mustard seeds
- 3 sprigs curry leaves
- 4 tsps oil
- salt to taste

Wash tomato. Mash and collect its juice in a vessel. Add double the quantity of water, crushed garlic cloves and salt to taste. Add rasam powder, curry leaves (2 sprigs) and coriander leaves. Season with mustard and curry leaves in oil, using a ladle. Cook for a few minutes. Bring to boil. Simmer for about 20 minutes. Remove from flame. Cover vessel.

Dhal Rasam

- ½ tsp fenugreek seeds
- 1 tsp cumin seeds
- 12 pepper corns
- 1 tbsp (heaped) coriander seeds
- 1 piece turmeric
- ¼ pav thur dhal
- salt to taste
- a piece asafoetida (bengal gram size)
- 4 red chillies
- 2 sprigs curry leaves
- 1 tsp oil
- ½ bunch coriander leaves
- 2 green chillies.
- 4 tsps ghee
- 1 tamarind lump (marble size)

Take oil in frying pan. Roast fenugreek, cumin, pepper, coriander, turmeric, asafoetida, 1 tsp thur dhal, red chillies and curry leaves with oil, in the same sequence, till brown. Powder the roasted ingredients together in mixie. Drop washed thur dhal in boiling water. Cook till half done. Drop slit green chillies and boil well. Add salt to taste and chopped coriander leaves. Extract juice from tamarind in a bowl. Mix the above rasam powder and add the mixture to boiling thur dhal. Cook till done. Season with mustard and curry leaves in ghee. Add coriander leaf bits. Cover vessel.

Potato Soup

- 1 potato (medium size)
- 1 tsp ghee
- 1 onion (medium size)
- salt to taste
- ⅓ tsp powdered pepper
- ⅓ tsp maida
- ⅓ cup milk

Boil potato. Peel. Mash. Mix with 1½ cups of water. Strain. Add salt. Prepare seasoning with chopped onion, powdered pepper and maida in ghee. When maida turns brown, drop the seasoning into mashed potato. Mix. Bring to boil. Simmer for 3 minutes. Add boiled milk and serve.

Tomato Soup

- 3 big tomatoes (moderately ripe)
- 3 tsps thur dhal
- 1 tsp oil
- 1 tsp ghee
- 3 red chillies
- 2 tsps coriander seeds
- salt to taste
- 1 tsp cumin seeds
- 12 pepper corns
- 1 tsp sugar
- 1 small piece asafoetida
- 1 tsp fenugreek seeds
- 2 sprigs curry leaves
- 1 bunch coriander leaves

Take fenugreek, cumin, pepper, coriander, asafoetida and thur dhal — all in frying pan. Roast the ingredients with oil till brown. Powder them. Boil tomatoes in sufficient water. Peel. Mash in the same water. Strain the juice and collect in another vessel. Add fresh water, as much as desired. Mix the ground masala powder, salt to taste, and chopped coriander leaves. Cook. Bring to boil. Remove from flame. Season with mustard and curry leaves in ghee. Cover vessel.

Mixed Vegetable Soup

- 1 carrot (medium size)
- 2 flowerets cauliflower
- 1 cabbage leaf (chopped)
- ⅛ beetroot
- 1 tbsp green peas
- 1 small potato
- 1 lump of butter (size of lime)
- 1 onion
- 6 cloves of garlic (optional)
- ½" piece ginger
- 24 pepper corns
- 2 tomatoes (medium size)
- salt to taste

Wash and cut potato, carrot and beetroot into small bits. Slice tomato. Skin and slice onion. Crush ginger, pepper and garlic lightly. Cook all the ingredients (except butter and salt) including peas and cauliflower in 4 cups of water, over a low flame, till tender. Strain. Add salt and butter. Bring to boil. Remove from flame. Serve. (Add tomato last, when other things are three quarters cooked. Tie ginger and pepper in a small piece of muslin cloth while cooking).

Discard cloth piece, after cooking is over. Use vegetable bits left over after straining, for preparing sambar, if desired.

Potato Thoi

- 2 potatoes (medium size)
- 3 green chillies
- 2 red chillies
- ½ tsp mustard seeds
- 3 tsps oil
- 1 sprig curry leaves
- asafoetida water
- salt to taste

Boil potato. Peel. Cut into small cubes. Drop them into 3 cups of water. Mash lightly. Add slit green chillies and salt to taste. Cook. Bring to boil. Remove from flame. Season with red chilli bits, mustard and curry leaves in oil. Add a few drops of asafoetida water. Cover vessel.

Similar thoi can be prepared with one *sweet potato* in place of 2 potatoes.

Daali Thoi

½ pav thur dhal
6 green chillies
3 red chillies
2 tbsps oil
½ tsp mustard seeds
2 sprigs curry leaves
asafoetida water
salt to taste

Wash thur dhal thoroughly. Drop into about 1 litre of boiling water. Cook till soft. Add slit green chillies and continue cooking for sometime. Add salt and a sprig of curry leaves. Remove from flame when done. Season with mustard and curry leaves in oil, using a ladle. Finally add a few drops of asafoetida water. Cover vessel.

Thoi can be prepared with *green gram dhal* or *bagda dhal* by the same method. Use a little less water in those cases.

Vern

¼ pav green gram dhal
½ cup coconut gratings
3 green chillies
1 red chilli
1 tsp cumin seeds
1 small piece turmeric
1 tbsp raw rice
2 tbsps oil
½ tsp mustard
1 sprig curry leaves
½ lime
tamarind lump (tamarind seed size)
salt to taste

Boil 2 cups of water. Cook green gram dhal in it, till soft. Grind coconut gratings with turmeric, red chillies and tamarind smoothly. Add ½ tsp cumin and rice, and grind for another 2-3 minutes. To the cooked green gram dhal add green chilli slits, salt to taste and the ground masala. Stir once or twice to prevent sticking to bottom. Bring to boil. Season with cumin, mustard and curry leaves in oil. (Note: Drop cumin first in the ladle.) Finally, add juice of lime. Stir and serve.

3. Kadis and Thamblis

Butter Milk Kadi

2 cups butter milk (thick)
1 cup water
½ cup coconut gratings
4 green chillies
1 small piece turmeric
1 tsp cumin seeds
3 tsps ghee
½ tsp mustard seeds
1 sprig curry leaves
salt to taste

Grind coconut gratings with turmeric smoothly. While taking out masala add green chillies and cumin. Grind for another 2 minutes. Add enough water to bring the kadi to desired consistency. Add salt. Boil. Then add thick butter milk. Again bring to boil. Remove from flame. Season with mustard and curry leaves in ghee.

Masala Butter Milk

1 cup thick butter milk
1 tsp cumin seeds
1 tsp pepper corns
3-4 tsps ghee
½ cup copra (grated)
3-4 sprigs curry leaves
salt to taste

Wash curry leaves and allow to dry. Take 1 tsp ghee in frying pan and roast copra gratings in it, till brown, and keep aside. Take another tsp ghee in pan and roast ½ tsp cumin, pepper and curry leaves in it, till brown. Grind copra gratings with other roasted ingredients finely. Then take 1 tsp ghee in a vessel. Add cumin. When it splutters add thick butter milk. Remove from flame. Mix the ground masala with butter milk, stir in salt and serve.

Cumin – Pepper Kadi

½ tsp cumin seeds
7-8 pepper corns
tamarind lump (size of tamarind seed)
4-5 tsps oil
1 tsp ghee
1 cup coconut gratings
4 roasted red chillies
½ tsp mustard seeds
1 sprig curry leaves
salt to taste

Roast pepper corns and cumin with a little ghee in frying pan. Grind coconut gratings with roasted red chillies. Before taking out, mix roasted cumin and pepper and grind for another 2 minutes. Transfer masala to a vessel. Add desired quantity of water. Stir in salt. Cook. Bring to boil. Remove from flame. Season with mustard and curry leaves in oil.

Tender Shoots Thambli

5-6 curry leaf shoots
5-6 gherkin shoots
5-6 pomegranate shoots
½ cup other shoots
1 cup coconut gratings
3 roasted red chillies
2 tsps ghee
½ tsp mustard seeds
½ tsp cumin seeds
1 cup butter milk
salt to taste

Wash all the available tender shoots thoroughly. Chop them finely. Prepare seasoning in frying pan using mustard and cumin in ghee. Pour chopped shoots into pan. Cook till soft. Add coconut gratings and roast till brown. Transfer contents of pan to grinder with roasted red chillies and grind smoothly. Transfer the masala to a vessel. Add salt. Pour butter milk. Add desired quantity of water. No need to cook. Stir and serve.

Onion Thambli

2 onions
1 cup coconut gratings
3 roasted red chillies
tamarind lump (size of tamarind seed)
2 tsps oil
salt to taste
water

Peel onions. Chop them. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Transfer the masala to a vessel. Add salt to taste and desired quantity of water. Mix raw oil and chopped onion. Neither cooking nor seasoning is required.

Pumpkin Core Thambli

pumpkin core (inner soft portion)
1 cup coconut gratings
3 roasted red chillies
tamarind lump (size of tamarind seed)
1 small piece asafoetida
½ tsp mustard seeds
1 sprig curry leaves
1 small piece jaggery
salt to taste
oil for seasoning

Wash pumpkin core. Cut into small pieces – one cup full. Cook in water. Grind coconut gratings with roasted red chillies and tamarind. Before taking out masala, add mustard and asafoetida (both roasted with a little oil) as well as cooked bits of pumpkin core, jaggery and salt to taste. Grind for another few minutes. Season the masala with mustard and curry leaves in oil. It is preferable to add the water used in cooking pumpkin core to the masala, while grinding.

4. Sambars, Kolambus and Hulis

Sambar

½ pav thur dhal
1 tbsp bengal gram dhal
1 tsp mustard seeds
½ tsp fenugreek seeds
2 tsps (heaped) coriander seeds
½ tsp cumin seeds
8 pepper corns
1 small piece turmeric
1 small piece asafoetida
6 red chillies
2 tbsps coconut gratings
2 sprigs curry leaves
tamarind lump (size of marble)
2 tbsps oil
1 bunch coriander leaves
salt to taste
vegetable pieces

Wash thur dhal thoroughly. Boil 1 litre of water. Drop dhal in boiling water. Cook till soft. Take a little oil in frying pan on another flame. Roast mustard, coriander, fenugreek, cumin, pepper, turmeric, red chillies, asafoetida, bengal gram dhal, coconut gratings and 1 sprig of curry leaves — all in the same sequence, till brown. Grind all the roasted ingredients with tamarind to a fairly smooth paste. To the cooked thur dhal add vegetable pieces and a few coriander leaves. Cook till tender. Then add salt along with ground masala and desired quantity of water. Boil well. When done, remove from flame. Garnish with bits of coriander leaves. Cover vessel.

Vegetables generally used for sambar (either singly or in combination) are brinjal, potato, onion, drumstick, lady's finger, raw banana, snake gourd, ash gourd and bitter gourd.

If onion is used, roast its pieces with a little ghee, before adding it. That will improve the taste.

Onion Kolambu

1 big onion (chopped)
2 tomatoes (medium size)
3 tbsps oil
tamarind lump (lime size)
2 cups water
2 red chillies
2 green chillies
¼ tsp turmeric powder
curry leaves
½ tsp mustard seeds
1 tsp bengal gram/black gram dhal
1 tsp sambar powder
1 tsp coriander powder
a little asafoetida
1 tbsp sugar/jaggery
1 tsp salt

Soak tamarind in hot water. Extract juice by squeezing several times and make 2 cups of juice. Strain. To the juice add sambar powder, coriander and salt. Heat oil in frying pan. Add mustard. When it crackles add dhal. When half done, add red chillies. When dhal turns golden brown add onion chops, turmeric and asafoetida. Roast for a while. When onion turns transparent add fairly big tomato pieces, chopped curry leaves and green chillies. Roast for another few minutes and add tamarind juice. Boil for 5 minutes. Finally, add sugar/jaggery. Remove from flame.

Goddu/Vetral Kolambu

1½ cups mixed vegetable pieces (drumstick, lady's finger, beans etc.)
1 tamarind lump (lime size)
4 tbsps oil
1 tbsp sambar powder
1 tbsp jaggery
1 tsp thur dhal
a little turmeric powder
a little asafoetida
2 red chillies
1½ tsps salt
½ litre water
curry leaves
½ tsp fenugreek seeds

Soak tamarind in water. Squeeze several times and extract about ½ litre of juice. Keep aside. Heat oil in frying pan. Prepare seasoning with mustard, thur dhal and fenugreek. Roast for a while. Then add red chillies, asafoetida and curry leaves. When dhal turns golden brown, add vegetable pieces and roast for 2-3 minutes. Pour tamarind juice, add sambar powder, turmeric and salt and cook for 5 minutes. Finally add crushed jaggery and remove from flame. (Note: Drumstick pieces 3″ long, and sweet potato cubes 1″ size, should be boiled beforehand. Bitter gourd pieces should be boiled in water with salt, and squeezed after draining water.)

If, in place of fresh vegetables, dried ones (sold as "vetral" in condiment stores) are used, the above becomes *vetral kolambu*. Clean vetral before use to remove dirt, mud etc. and add the vetral to the seasoning, as soon as mustard splutters.

Moru Kolambu

1 big piece ash gourd
2 cups butter milk
1 cup coconut gratings
12 green chillies
1 tsp cumin seeds
3-4 small onions (sambar variety)
salt to taste
1 tsp bengal gram dhal
2 garlic cloves
For seasoning – 1 red chilli, mustard, pepper, fenugreek, asafoetida and curry leaves

Skin ash gourd. Cut into fairly big pieces. Wash. Cook in a little water till soft. Clean bengal gram dhal and soak in water. Cut green chillies into slits and roast in oil. Peel garlic cloves and keep aside. Grind coconut gratings with roasted green chilli slits. When half done, add cumin, onions (small), garlic, bengal gram dhal and grind to a fine paste. To the cooked ash gourd pieces add salt, masala and butter milk. Place over medium flame. Bring to boil. (Do not allow to spill over.) Remove from flame. Season with red chilli bits, pepper, fenugreek, asafoetida powder, mustard and curry leaves in oil.

Cucumber – Cow Peas Huli

¾ pav cow peas (alsande)
½ cucumber (coloured)
3 green chillies
1 small piece jaggery
salt to taste
tamarind lump (marble size)
3 tsps huli powder
½ tsp mustard seeds
1 sprig curry leaves

Cook cucumber pieces together with cow peas (alsande) and slit green chillies, till soft. Add jaggery and salt to taste. Extract juice from tamarind in a small bowl. Mix *huli powder*. Add the mixture to cooked cucumber – cow pea mix. Bring to boil. Season with mustard and curry leaves in oil. Similar huli can be prepared, using thur dhal/green peas with vegetable pieces.

Majjige Huli

½ kg beans
½ tsp chilli powder
1½ cups coconut gratings
1 tbsp oil
½ litre butter milk
7 green chillies
½ tsp mustard seeds
salt to taste

Cut beans into ½" long pieces. Wash. Cook in water till soft. Grind coconut gratings with green chillies and butter milk to a fine paste. Add this masala and salt to the cooked beans. Cook over low flame, turning over occasionally. Bring to boil. Remove from flame. Season with mustard in oil.

Other vegetables like cow pea beans, brinjal, snake gourd, ash gourd, cucumber (coloured), raw banana can be used for preparing this huli.

If bitter gourd is used, first cook it in a little tamarind juice or butter milk till it evaporates. Brinjal with drumstick is a good combination for this huli.

5. Gozzus and Salads

Brinjal Bajji

1 big brinjal
4-5 green chillies
tamarind lump (marble size)
1 tbsp coconut gratings (optional)
2 tsps oil
asafoetida water
salt to taste

Roast brinjal preferably over glowing embers, or cut into big pieces and boil them in just enough water. Peel the roasted whole brinjal or boiled pieces and keep aside. Crush together green chillies, tamarind and salt in a broad wooden bowl. Mix coconut gratings (optional). Add desired quantity of water. Mash brinjal (or its pieces) in the blend. Add a little raw oil and a few drops of asafoetida water. Mix and serve.

Potato Gozzu

3-4 potatoes
3 green chillies
1 tbsp coconut gratings
2 red chillies
tamarind lump (size of tamarind seed)
a pinch of mustard
2 tsps oil
1 sprig curry leaves
asafoetida water
salt to taste

Wash potato. Boil in water. Peel. Crush together tamarind, green chillies, coconut gratings and salt in a broad wooden bowl. Add peeled potato. Mash. Season the blend with red chilli bits, mustard and curry leaves in oil. Finally, add a few drops of asafoetida water, mix and serve.

Sweet and Sour Gozzu

1 bunch coriander leaves
tamarind lump (size of lime)
1 big piece jaggery
3 green chillies
1 sprig curry leaves
½ tsp mustard seeds
3 tsps oil
salt to taste

Wash coriander leaves. Grind with tamarind, jaggery and salt. Transfer blend to a vessel. Wash grinder. To the blend add desired quantity of water used for washing. Season with mustard and curry leaves in oil, using a ladle.

Lemon gozzu is also prepared by the same method. Add juice of one lemon in place of tamarind.

Onion Gozzu

- 2 onions
- 1 cup coconut gratings
- 2 green chillies
- 1½ cups butter milk
- a few coriander leaves
- ½ tsp mustard seeds
- 2 tsps oil
- 1 sprig curry leaves
- salt to taste

Grind coconut gratings with green chillies and butter milk. Towards the end, add salt and grind for a while. Transfer the blend to a vessel. Mix chopped onion and coriander leaves. Season with mustard and curry leaves in oil.

Ripe Banana Gozzu

- 2 bananas (nendrapazham)
- 2 green chillies
- 1 red chilli
- ¾ cup water
- 2 tsps ghee
- 1 small piece jaggery
- ½ tsp mustard seeds
- 1 sprig curry leaves
- salt to taste

Peel banana. Cut into tiny cubes. Crush jaggery, green chillies and salt together in a broad wooden bowl. Mash banana bits in the blend. Season with red chillies, mustard and curry leaves in ghee.

Lady's Finger Gozzu

- 6 lady's fingers
- 2 green chillies
- 1 cup butter milk
- 6 tsps oil
- ½ tsp mustard seeds
- 1 sprig curry leaves
- a few coriander leaves
- salt to taste

Cut lady's finger crosswise into small pieces. Prepare seasoning in frying pan with mustard and curry leaves in oil. Drop lady's finger pieces into pan, add a little salt and fry till reddish brown. To butter milk add chopped green chillies, coriander leaves and salt to taste. Mix fried lady's finger bits (along with the seasoning). Stir and serve.

Tomato Salad

- 2 big tomatoes
- 2-3 green chillies
- 1 onion
- ½ cup curds
- salt to taste
- a few coriander leaves

Wash tomato. Cut into longish thin pieces. Cut onions the same way. Chop green chillies and coriander leaves. Mix all the ingredients. Add curds and stir in salt to taste. Serve.

Similar salad (pachadi) can be prepared using carrot, beetroot, onion, tender cucumber or boiled potato, in place of tomato.

6. Chutneys, Pachadis & Kosumbaris

Coriander Leaves Chutney

1 bunch coriander leaves
1 cup coconut gratings
10 green chillies
1 sprig curry leaves
oil for seasoning
salt to taste
½ tsp each of bengal gram dhal, black gram dhal and mustard seeds
tamarind lump (big bengal gram size)

Grind coconut gratings with green chillies and tamarind. Before taking out, mix coriander leaves with the masala and grind for another few minutes. Add salt to taste. 2 peeled garlic cloves or a few cumin seeds can be added while grinding, if desired.

For thick chutney no seasoning is required. Or else, season the chutney with dhals of bengal gram and black gram, mustard and curry leaves in oil.

Dosai Chutney

1 cup coconut gratings
4 roasted red chillies
6 green chillies
tamarind lump (size of bengal gram)
1 pinch mustard seeds
1 tsp black gram dhal
1 sprig curry leaves
2 tsps oil
salt to taste
1 tsp coriander seeds (optional)

Grind coconut gratings with roasted red chillies and tamarind. When half done, add green chillies and 1 tsp coriander seeds (optional) and salt to taste. Grind again to a fine paste. Transfer to a vessel. Add desired quantity of water. Season with black gram dhal, mustard and curry leaves in oil. Mix and serve with dosai.

Tomato Chutney

2 tomatoes
1 cup coconut gratings
4 roasted red chillies
1 small piece asafoetida
2 tsps ghee
salt to taste

Wash tomatoes. Cut into small pieces. Roast them with a little ghee. Then fry asafoetida in ghee. Grind coconut gratings with red chillies to a fine paste. Before taking out, add tomato pieces, asafoetida and salt and grind for a while. Goes well with pulav.

Ginger Chutney

- a small piece ginger
- 1 cup coconut gratings
- 4 roasted red chillies
- salt to taste
- 6 green chillies
- tamarind lump (size of bengal gram)

Grind coconut gratings with roasted red chillies and tamarind smoothly. Before taking out, add ginger, green chillies and salt to the masala and grind for another few minutes. No seasoning is required for thick chutney. Otherwise, season with mustard and curry leaves in oil.

Brahmi (ekpani) leaf chutney is prepared by the same method. Only a handful of brahmi leaves are added while grinding the chutney.

Retain some chutney in the grinder. Add as much water as desired. Stir well. The same is *ginger/brahmi leaf thambli.*

Coconut Chutney

- 2 cups coconut gratings
- 4 red chillies
- ¼ tsp asafoetida powder
- tamarind lump (marble size)
- ½ tbsp mustard seeds
- 2 tsps oil
- 2 tbsps black gram dhal
- salt to taste

Heat oil in frying pan. Add mustard. When it crackles, add black gram dhal and roast a little. Add red chillies and roast till dhal turns brown. Then add asafoetida. Remove from flame. Mix coconut gratings, add salt and grind, using a little water.

Garlic Chutney

- 2 garlic pods
- 1 cup coconut gratings
- 12 roasted red chillies
- tamarind lump (marble size)
- 2 tsps ghee
- salt to taste

Peel garlic cloves. Roast with a little ghee and keep aside. Roast coconut gratings separately. Grind gratings with roasted red chillies and tamarind, without using water. When half done, add garlic cloves and salt to taste. Grind smoothly.

Raw Mango Pachadi

1 big unripe mango
1 cup coconut gratings
asafoetida water
½ tsp mustard seeds
8 green chillies
1 sprig curry leaves
4 tsps oil
salt to taste

If mango is well seasoned (with stone inside) grate on a vegetable grater. Otherwise, chop it. Crush together coconut gratings, green chillies and salt in grinding stone. Add chopped mango and crush well. Season with mustard and curry leaves in oil, using a ladle. Lastly, add a few drops of asafoetida water. Mix well and serve.

Ginger Pachadi

½ cup coconut gratings
1 big piece ginger
3-4 green chillies
1 cup curds
salt to taste
For seasoning: oil, mustard, cumin and curry leaves

Grind coconut gratings with ginger, green chillies and salt coarsely. Season with the above ingredients. Add curds. Mix well and serve.

Garden Greens Pachadi

garden greens
6-8 red chillies
⅛ tsp turmeric powder
1 cup coconut gratings
For seasoning: oil, mustard, cumin and curry leaves
salt to taste
1 cup curds

Mince garden greens – 4 cups full. Boil in water. Add salt. Grind coconut gratings with red chillies and turmeric to a slightly coarse paste. Add the masala to boiled greens and cook for 5 minutes. Pour curds and remove from flame. Season with the above ingredients. Mix well and serve.

Cabbage Hasi

1 piece cabbage (tender)
2-3 green chillies
1 tbsp coconut gratings
1 cup butter milk
2 tsps oil
½ tsp mustard seeds
1 sprig curry leaves
salt to taste

Chop cabbage leaves and green chillies. Mix them together in a vessel. Add coconut gratings and salt. Pour butter milk into vessel, enough to cover the chops. Season with mustard and curry leaves in oil. Mix and serve.

Plantain Pith Hasi

- 1 piece plantain pith (6" long)
- 2-3 green chillies
- 1 cup butter milk
- 2 tsps oil
- ½ tsp mustard seeds
- 3 curry leaves
- salt to taste

Cut plantain pith into very small pieces. Chop green chillies. Mix them together. Add salt and butter milk. Season with mustard and curry leaves in oil.

Variation: Grind masala using ¼ cup coconut gratings with 2 roasted red chillies and a small lump of tamarind. Before taking it out, mix plantain pith pieces and grind for another 2-3 minutes. Add salt. Season with mustard and curry leaves in oil. (Note: Butter milk is not required.)

Tender Cucumber Hulel

- 1 tender cucumber
- 3 green chillies
- 1 small piece jaggery
- 1 red chilli
- 1 small piece ginger
- tamarind lump (size of tamarind seed)
- 1 tbsp coconut gratings
- 3 tsps oil
- ½ tsp mustard seeds
- 1 sprig curry leaves
- salt to taste

Skin tender cucumber. Wash. Chop. Crush together coconut gratings, green chillies, tamarind, jaggery, salt and minced ginger in a broad wooden bowl. Mix chopped cucumber with the blend. Season with red chilli bits, mustard and curry leaves in oil, using a ladle. Turn over. Transfer to a vessel.

Sprouted Green Gram Kosumbari

- ½ cup sprouted green gram
- 1 carrot
- 1 tomato
- 1 tbsp coconut gratings
- ½ tsp powdered pepper
- ½ bunch coriander leaves
- salt to taste
- 2 sprigs curry leaves
- ¾ tsp jaggery
- ½ lemon
- ½" long ginger piece
- For seasoning: oil, mustard, black gram and bengal gram dhals

Grate carrot on vegetable grater. Mix together sprouted green grams, carrot gratings, small pieces of tomato, coconut gratings, chopped coriander and curry leaves and powdered pepper. Add salt to taste, crushed jaggery and juice of lime. Season with the above ingredients. Turn over and serve.

Small pieces of tender cucumber can be added, in place of carrot gratings.

Similar kosumbari can be prepared with green gram dhal/bengal gram dhal soaked in water for an hour, in place of green gram.

Carrot Kosumbari

3 carrots (medium size)
4 green chillies
2 tbsps coconut gratings
½ small lemon
2 tsps oil
3-4 curry leaves
a few coriander leaves
1 pinch mustard seeds
1 tsp salt

Skin carrot. Wash. Grate on vegetable grater. Mix together chopped green chillies, coconut gratings, carrot gratings and salt in a vessel. Season with mustard and curry leaves in oil. Add juice of lime. Mix well and serve.

Similar kosumbari can be prepared with other vegetables like radish, beetroot, knol khol, cabbage and lettuce.

Bitter Gourd Kosumbari

2 bitter gourds (big size)
1 big onion
3 green chillies
8 tbsps oil
salt to taste
tamarind lump (bengal gram size)
1 small piece jaggery
2 tbsps coconut gratings

Scrape off bitter gourd skin. Cut into very small pieces. Apply salt and keep aside. Take oil in frying pan. Place it over flame. Squeeze bitter gourd pieces and drop them in hot oil. Fry till reddish brown. Chop onion. Crush together jaggery, tamarind and salt in a big wooden bowl. Mix coconut gratings and chopped onion well with the blend. Finally mix fried bitter gourd pieces and serve.

If bitter gourd is likely to ripen, chop it, apply salt, fry in oil as stated above and keep aside. Kosumbari can be prepared later when required.

7. Plain Curries

Saar-cum-Upkari

½ pav selected pulse
5-6 jack seeds (optional)
3 green chillies
2 red chillies
salt to taste
½ tsp mustard seeds
4 tsps oil
1 sprig curry leaves
asafoetida water

Clean the selected pulse, wash and cook in water. When half done, add pieces of jack seeds (cut crosswise) and slit green chillies. When pieces become soft, add salt and desired quantity of water. Boil well. Remove from flame. Season with red chilli bits, mustard and curry leaves in oil. Finally, stir in a few drops of asafoetida water. The watery portion on top is used like other saars. Cooked pulse below is upkari.

For seasoning, garlic can be used in place of mustard and curry leaves. Asafoetida water is not required in that case.

Saar-cum-upkari can also be prepared with raw banana, potato or potato plus brinjal. Cut banana/potato into small cubes. To make *potato-cum-brinjal upkari*, cut both the vegetables into thin slices. Boil in water, adding salt and slit green chillies. Season as above. Garnish with coconut gratings and add a few drops of asafoetida water.

Pulses Upkari

Horse gram, bengal gram, green peas, cow peas etc. are used for this curry, e.g.:

1 pav horse gram
2 pinches mustard seeds
3 red chillies
7 tsps oil
2 tbsps coconut gratings
2-3 green chillies
1 sprig curry leaves
salt to taste

Clean horse gram. Boil in water, till soft. Decant water on top. Prepare seasoning in frying pan, using red chilli bits, mustard and curry leaves in oil. When mustard seeds splutter, drop cooked horse gram in pan. Add chopped green chillies and salt to taste. Turn over. Cook on low flame for 7-8 minutes under cover. Remove from flame. Garnish with coconut gratings and serve.

Generally, pieces of suran/potato/jack seed are added while preparing *bengal gram upkari*. A small piece of jaggery is also added (optional). Similarly, potato pieces are added for *green peas upkari*. First, the vegetable pieces are dropped in the seasoning. A little water is added, and then cooked pulses are dropped, allowing time for the vegetable to cook. (Note: Bengal gram or peas should be soaked in water overnight without fail.)

Vegetable Upkari

Usually potato, lady's fingers, ridge gourd, cow pea beans, raw banana, suran and such other vegetables are used for this dish, e.g.:

- 6 potatoes (medium size)
- 2 tbsps oil
- 3 red chillies
- 2 pinches mustard seeds
- 2 tbsps coconut gratings
- salt to taste
- asafoetida water

Skin potato and cut into longish thin pieces. Wash and keep aside. Prepare seasoning in frying pan with red chilli bits and mustard in oil. When mustard seeds splutter, drop potato pieces in pan, add 1 tsp salt and turn over well. Cook under cover for a few minutes, open lid 2 or 3 times and turn over to prevent sticking to the bottom. When potato is cooked sufficiently, remove from flame. Add coconut gratings and a few drops of asafoetida water. Turn over and serve.

Potato-cum-onion upkari is also prepared by the same method. No asafoetida water is required for it. Cut 2-3 onions into longish thin pieces. Drop them in frying pan when mustard seeds splutter, turn over well for 2 minutes and then drop potato pieces, add salt, turn over and cook till done.

Potato upkari can be prepared by the above method, even without removing skin.

Tender Thur Upkari

- 1 pav tender thur (shelled)
- 2 red chillies
- 3 green chillies
- ½ tsp mustard seeds
- 6 tsps oil
- 1 tbsp coconut gratings
- asafoetida water
- salt to taste

Boil tender thur in just enough water. Add chopped green chillies and salt to taste. Remove from flame. Prepare seasoning in frying pan with red chilli bits and mustard in oil. Drop boiled thur in pan. Turn over. Cook on low flame for 5-6 minutes. Remove from flame. Garnish with coconut gratings. Add a few drops of asafoetida water, turn over and serve.

Tender peas upkari is also prepared by the same method.

Garden Greens Upkari

Method is the same as for vegetable upkari. Wash greens. Chop finely. Prepare seasoning in frying pan with red chilli pieces and mustard in oil. Drop chopped greens and salt in it. Turn over thoroughly. Cook till tender. Remove from flame. Garnish with coconut gratings and serve.

Potato Fried Upkari

6 potatoes (medium size)	8 tbsps oil
3 red chillies	salt to taste
2 pinches mustard seeds	

Cut potato into thin slices of square/triangular shape. Apply salt and keep aside for 5 minutes. Prepare seasoning in frying pan with red chilli pieces and mustard in oil. Squeeze out water from slices and drop in pan. Turn over. Cook under cover for 2-3 minutes. Cook till brown, turning over occasionally. Remove from flame.

Suran/Chinese potato (kooka) fried upkari is also prepared by the same method. (Skin them before use.) Garnish with coconut gratings, if desired.

Brinjal Upkari (Special)

½ kg brinjals (long, purple)	tamarind lump (big marble size)
3 onions	1 small piece jaggery
3 tsps sambar powder	1 sprig curry leaves
½ tsp mustard seeds	salt to taste
7-8 tsps oil	

Cut brinjal into thin slices. Apply salt and keep aside. Cut onion also into thin slices. Prepare seasoning in frying pan with mustard and curry leaves in oil. Add onion slices. Dissolve sambar powder in thick juice extracted from tamarind. Pour the mix into pan. Add jaggery. Squeeze brinjal pieces and drop them. Turn over thoroughly. Cook under cover, on low flame, till tender. Remove from flame. Serve.

Tender Cashewnut Upkari

300 tender cashewnuts	½ tsp mustard seeds
6-7 tsps oil	1 sprig curry leaves
1 tsp salt	1 tsp sugar
2 tbsps coconut gratings	3 red chillies

Soak tender cashewnuts (dried) in water overnight. Next day skin and separate the halves. Cook in a little water till tender. Add sugar and salt to taste. Remove from flame. Prepare seasoning in frying pan with red chilli pieces, mustard and curry leaves in oil. Drop cashewnut halves in it. Turn over well. Remove from flame. Garnish with coconut gratings and serve.

Ripe Mango Upkari

8 mangoes (ordinary)	½ tsp mustard seeds
3 green chillies	4 tsps oil
2 red chillies	1 sprig curry leaves
1 small ball jaggery	a little salt
2 tbsps maida	

Wash mangoes. Peel and keep aside in a vessel. Grind mango skin, extract juice and pour into the vessel containing peeled mangoes. Extract more juice and throw away the skin. Add jaggery, slit green chillies and a little salt to the mangoes. Sieve maida. Mix water, not allowing to form lumps, and keep aside. Cook mangoes and juice along with green chillies. Add maida and stir well. Add desired quantity of water. Boil well. Remove from flame. Season with red chilli pieces, mustard and curry leaves in oil. Serve.

Colocasia Roots (Alvamande) Upkari

15 colocasia roots	½ tsp mustard seeds
1 tsp chilli powder	5-6 tsps oil
1 pinch asafoetida powder	1 sprig curry leaves
salt to taste	

Wash colocasia roots. Boil well in water. Peel. Cut into small pieces. Prepare seasoning in frying pan with mustard and curry leaves in oil. Drop colocasia pieces in it. Add asafoetida, chilli powder and salt to taste. Turn over. Cook on low flame, under cover, for 5 minutes. Remove from flame. Serve.

Beans Curry

2 tbsps thur dhal	½ tsp mustard seeds
3 tbsps bengal gram dhal	3 tbsps oil
3-4 red chillies	curry leaves (chopped)
2 pinches asafoetida powder	2 cups chopped beans
1 tsp black gram dhal	salt to taste

Soak bengal gram dhal plus thur dhal in water, for half an hour. Grind coarsely with red chillies, salt and asafoetida. Steam cook for 10 minutes. When cool, break (pulverize by hand) like bread crumbs. Wash beans and chop into ¼" pieces. Boil in a little water. Drain and squeeze the beans of all water. Prepare seasoning in frying pan with mustard and black gram dhal in oil. Roast till the dhal turns golden brown. Drop the dhal mix and curry leaves in it. Cook on medium flame till oil leaves the mixture. Add beans and a little salt. Cook for another 5 minutes. Remove from flame.

Water squeezed from beans can be used for preparing *rasam.*

Cabbage, carrot or cauliflower curry can also be prepared in the above manner.

Sundal

- 1 cup bengal gram
- 2 tbsps oil
- ½ tsp mustard seeds
- 3 red chillies
- 2 pinches asafoetida powder
- curry leaves
- ½ cup coconut gratings
- salt to taste
- juice of lime (optional)

Soak bengal gram in water overnight (or for 7-8 hours). Boil in water, under cover. Cook just right. Decant water on top, withholding a little of it with the gram. Add salt. Cook for 2 minutes and then decant all the water. Prepare seasoning in frying pan with red chilli bits, mustard and asafoetida in oil. Drop cooked gram and curry leaves in it. Cook till water evaporates, turning over occasionally. Remove from flame. Garnish with coconut gratings.

Gherkins Thalasan

- ½ kg gherkins
- 10 tsps oil
- 10 garlic cloves
- 4 red chillies
- 1½ tsps table salt

Wash gherkins. Cut off their both ends. Flatten a little by crushing them with a pestle in a broad wooden bowl. Apply salt and keep aside for 7-8 minutes. Prepare seasoning in frying pan with red chilli pieces and garlic in oil. When garlic turns brown, squeeze gherkins and drop them in pan. Turn over thoroughly. Cook under cover on medium flame. Open lid 2-3 times and turn over to prevent sticking to bottom. When gherkins turn brown, remove from flame.

Thalasan can be prepared by the same method with other vegetables like drumstick or brinjal. Cut drumsticks into 2″ long pieces. Cut brinjal into thin slices. Apply salt to pieces/slices and keep aside for a few minutes, before cooking. Garlic or mustard is to be used for seasoning.

Radish Thalasan

- 4 radishes
- 8 garlic cloves (peeled)
- 2 tsps chilli powder
- 1 piece of lime (small)
- 7-8 tsps oil
- salt to taste

Skin radish. Wash. Grate on vegetable grater. Apply salt and keep aside for 5 minutes. Prepare seasoning in frying pan with garlic cloves in oil. When garlic turns brown, add chilli powder. Drop radish gratings in pan. Add juice of lime and salt to taste. Turn over for a few minutes. Cook under cover. Remove from flame when gratings are slightly fried and turn brown.

8. Mixed Vegetable Curries

Yogirathna

7-8 vegetables
2½ cups coconut gratings
6 green chillies
2 tbsps ghee
½ tsp mustard seeds
1 pinch cumin
1 sprig curry leaves
salt to taste

Cut the selected vegetables, e.g. cow pea beans, ridge gourd, sweet potato, wild bitter gourd, sugarcane etc. into pieces of medium size – 5 cups full. Wash and cook them in water. When half done, add split green chillies. When done, add salt to taste. (Note: Vegetables should be dropped into water in the reverse order of the time taken to get cooked, e.g. first suran, a few minutes later ash gourd and tender cashewnuts last.) Extract juice from coconut gratings by grinding. Mix the juice with cooked vegetables. Boil well. Remove from flame. Season with cumin, mustard and curry leaves in ghee, using a ladle. Cover vessel.

Gajbaj Ambat

7-8 vegetables
1 cup coconut gratings
7 roasted red chillies
tamarind lump (size of marble)
2 tbsps oil
½ tsp mustard seeds
1 sprig curry leaves
salt to taste

Cut selected vegetables in the same way as for '*yogirathna*' – 5 cups full. Wash and cook the pieces in water. When done, add a little salt. Turn over. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Mix the masala with cooked vegetable pieces. Boil. Remove from flame. Season with mustard and curry leaves in oil, using a ladle. If two hog-plums (ambada) could be crushed and added to the vegetables, tamarind is not required.

Thakka Ambat

1 kg ash gourd
¼ kg suran
3-4 potatoes
¼ kg elephant yam
25 colocasia roots
½ tsp mustard seeds
oil for seasoning
1 cup coconut gratings
1½ cups curds
5-6 green chillies
2-3 red chillies
1 tsp cumin seeds
1 sprig curry leaves

Cut ash gourd, yam, potato, colocasia roots and suran into pieces of medium size. Pressure cook them with salt for 5 minutes. Grind coconut gratings with

MIXED VEG. CURRY

chillies and cumin seeds to a smooth paste. Mix the masala with cooked vegetables. Boil well. Season with mustard, cumin and curry leaves in oil. Add curds. Simmer for a minute. Remove from flame. Serve.

Avial

2 potatoes, 2 drumsticks
¼ ash gourd, 1 small raw banana, 3 or 4 other vegetables e.g.: cucumber, snake gourd, brinjal etc. cut into fairly big pieces—1 cup each
2 cups coconut gratings
6-8 green chillies
1 tsp cumin seeds
2 tsps salt
1 cup curds
2 tbsps coconut oil
1 sprig curry leaves

Grind coconut gratings with green chillies and cumin and make a coconut mix. Boil 4 cups of water in a vessel. First add potato and ash gourd pieces. Cook for 5-6 minutes. Then add all the remaining vegetable pieces. Turn over gently, occasionally. When the vegetables are just done, add salt, coconut mix and curds. Bring to boil. Simmer for 5 minutes. Remove from flame. Add chopped curry leaves and warm coconut oil. Mix and serve.

Bitter Gourd Gunu

2 bitter gourds
½ cup cow pea (alsande) bean pieces
2 raw bananas
2 carrots
1 big potato
6 bilimbis
salt to taste
15 green chillies
2 cups coconut gratings
¾ cup suran pieces
a little asafoetida
For seasoning: 1 tbsp oil, ½ tsp mustard, ½ tsp cumin seeds, 1 sprig curry leaves

Extract thick coconut juice (2 cups full) by grinding the gratings. Keep aside. Grind two more times and extract 4 cups of thin juice. Cut bitter gourd into pieces, apply salt and set aside for 10 minutes. Split green chillies. Cut bilimbi into pieces. Cook rest of the vegetables in 3 cups thin juice, in pressure cooker, for 5 minutes. Squeeze out water from bitter gourd pieces and drop them in a vessel. Mix one cup of thin coconut juice, green chillies and bilimbi pieces. Boil well. Add salt to taste, the thick coconut juice and asafoetida water. Bring to boil. Remove from flame. Season with the ingredients noted above.

9. Pathravade, Sannan & Sanna Polo

Pathravade

25 colocasia (arvi) leaves
2½ cups coconut gratings
1 pav raw rice
25 roasted red chillies
1 small piece asafoetida
tamarind lump (size of 2 marbles)
salt to taste

Remove fibre from arvi leaves and wash thoroughly. Soak rice in water. Grind coconut gratings with roasted red chillies, tamarind and asafoetida, without adding much water. Before taking out the masala, add salt and soaked rice, and grind to a smooth (but not too fine) paste. (It should be stiff enough to stick to the leaf surface.) Spread a large arvi leaf on a wooden board with back surface up and stalk end towards you. Smear masala paste evenly all over the surface. Place a smaller leaf over it and repeat the smearing process. After 5-6 leaves are placed one over the other like this, fold in the edges for about 2″ on both sides, smear the folds with paste and then roll gently but firmly from the stalk end to the tip, in the shape of a cylinder. Cut each roll crosswise into two pieces, and cook them over steam in an idli vessel for about 45 minutes. Take out and cut into slices of desired thickness (about ½″) and serve. (Note: Green gram dhal or rice plus bengal gram dhal or rice plus thur dhal can be used, instead of rice only. It is preferable to add 5 more red chillies in that case.)

Ghushi Pathravade

½ cup coconut gratings
3 roasted red chillies
½ tsp fenugreek seeds
1 pinch mustard
1 tsp black gram dhal
tamarind lump (marble size)
2 tbsps oil
1 sprig curry leaves
salt to taste

Grind masala using coconut gratings, roasted red chillies and tamarind. Before taking out, season the masala with black gram dhal and fenugreek in oil. Grind for another few minutes. Transfer masala to a vessel. Add desired quantity of water used for washing the grinder. Cook the ghushi. Add salt. Bring to boil. Remove from flame. Season with mustard and curry leaves in oil. It would be convenient if the ghushi masala is ground in the same grinder used for pathravade masala paste, before washing it. If ghushi is prepared in plenty, cooked pathravade slices that remain after serving the meal, can be soaked in it, boiled and kept aside for later use.

Roasted/Fried/Seasoned Pathravade

1. Cut one or two cooked pathravade rolls crosswise into ½" thick slices. Smear dosa pan with oil. When hot, roast the slices on it, till both sides turn brown.

2. Dust cooked pathravade slices with rice rava, and deep fry them in hot oil, in a frying pan.

3. Take sufficient oil in frying pan. Prepare seasoning with mustard and curry leaves. Cut each uncooked pathravade roll crosswise into two. Place the pieces in the seasoning vertically side by side. Pour enough water into pan to cover the lower half of each piece. Cook well under cover. Remove from flame. This is an alternative method of cooking pathravade without steaming.

Coconut Sannan

1 cup coconut gratings
½ pav raw rice
12 roasted red chillies
tamarind lump (marble size)
1 small piece asafoetida
salt to taste

Soak rice in water for 15 minutes. Wash and keep aside. Grind coconut gratings with roasted red chillies, tamarind and asafoetida to a smooth paste. Add rice and grind till it takes rava form. Add salt. Grease the inner container of a pressure cooker with oil. Pour masala into it (about 1" thick). Cook over steam in an idli vessel, under cover. (Note: Pressure cooker can be used instead of idli vessel.)

Sanna Khotto

½ pav green gram/thur dhal
¾ pav rice
2 cups coconut gratings
tamarind lump (marble size)
15 roasted red chillies
1 small piece asafoetida
salt to taste

Soak rice with green gram (or thur dhal) for 2-3 hours in water. Grind coconut gratings with tamarind, asafoetida and roasted red chillies to a smooth paste. Add salt and grind for a while. Cook the masala over steam, under cover (in the same way as idli) in greased idli cups. It can also be cooked in cups stitched with leaves of jackfruit tree (khotte) or in the inner container (greased) of a pressure cooker, like *sannan*. Chopped onion can be mixed with masala, if desired. Asafoetida is not required in that case.

Sanna Polo

½ pav thur dhal	½ cup coconut gratings
½ pav raw rice	2 big onions
10 red chillies	oil for roasting
tamarind lump (size of tamarind seed)	salt to taste

Soak rice with thur dhal in water for 2 hours. Grind coconut gratings with red chillies and tamarind to a fine paste, adding a little water. Transfer masala to a vessel, after adding salt. Mix chopped onion. Place greased dosa pan on flame. When hot, flatten masala on it to make 2-3 small dosas (⅛" thick). Roast for a while. Pour a few drops of oil on each dosa. Turn over. Roast the other side also till brown, and take it out.

Chopped cabbage can be added to masala, if desired.

Snake Gourd Seed Sanna Polo

seeds of 2-3 snake gourds	tamarind lump (size of bengal gram)
½ pav rice	salt to taste
3-4 red chillies	
oil for roasting	

Soak rice in water for 15 minutes. Then grind with red chillies, tamarind and salt. Mix snake gourd seeds with the masala. Grind for another few minutes coarsely. Rest of the method same as for sanna polo.

Similar sanna polo can be prepared, using the roots of garden greens (short, red variety). Cut the roots into small pieces, about 1 cup full. Substitute snake gourd seeds by these pieces. No change in rest of the method.

Pathravade Usli

7-8 pathravade slices	5-6 tsps oil
2-3 red chillies	1 sprig curry leaves
½ tsp mustard seeds	salt to taste
1 tbsp coconut gratings	

Cut cooked pathravade slices into fine pieces. Prepare seasoning, in frying pan, with red chillies, mustard and curry leaves in oil. Drop pathravade pieces in it, add salt and cook over low flame, under cover, for 5-6 minutes. Open lid and turn over 2-3 times. Remove from flame. Garnish with coconut gratings and serve.

10. Masala Curries

Bengal Gram Ghushi

½ pav bengal gram	tamarind lump (marble size)
1 cup vegetable pieces	2 tbsps oil
1 cup coconut gratings	½ tsp mustard seeds
6-7 roasted red chillies	1 sprig curry leaves
½ tsp cumin seeds	salt to taste

Soak bengal gram in water overnight. Next day, wash and boil in water. Add cut pieces of the selected vegetable e.g.: potato, jack seed, suran etc. Cook till soft. Grind coconut gratings with roasted red chillies and tamarind to a fairly smooth paste. Add the masala and salt to the cooked gram – vegetable mix. Bring to boil. Remove from flame. Season with cumin, mustard and curry leaves in oil. (Note: Tamarind is not required and ghushi will taste better, if 3 hog-plums are crushed (or 6 bilimbis are sliced) and added while cooking.)

Similar ghushi can be prepared with peas, green gram or thur.

Cochin Masala Curry

2 cups coconut gratings	2 tsps coriander seeds
16 red chillies	a little turmeric powder
2 tsps black gram dhal	

Roast all the above ingredients in frying pan separately, on a low flame, till golden brown and crisp. Grind them together in a mixie, absolutely dry (or free from moisture) till oil is given off. This masala can be kept for 6-8 months in an air-tight container without spoiling, and can be used for preparing a variety of curries, when desired, e.g.:

1. **Bengal gram-cum-suran:**

Soak 1 cup bengal gram in water overnight. Next day, add ¾ cup suran bits. Pressure cook upto 3 whistle sounds. Take out and add salt. Mix tamarind juice, desired quantity of water and 2-3 tsps of the above masala. Boil for 5 minutes. Remove from flame. No seasoning.

2. **Suran-cum-dhal:**

Cut suran into ½" cubes, 1 cup full. Apply salt and keep aside for 5 minutes. Then deep fry in oil and keep aside. Boil thur dhal in water. Add salt, tamarind juice and sufficient masala. Stir. Boil. Mix the fried suran bits. Remove from flame after 2-3 minutes.

Kalan

- 1 cucumber (coloured)
- 1 cup coconut gratings
- 6-7 red chillies
- ¼ tsp turmeric powder
- 1 cup curds
- 2 sprigs curry leaves
- salt to taste
- ½ tsp cumin seeds
- 3 green chillies
- For seasoning: oil, ½ tsp cumin seeds, ¼ tsp fenugreek seeds, 1 sprig curry leaves and 1 pinch asafoetida

Skin cucumber and cut into pieces (medium size). Boil in water till soft, adding salt and a few curry leaves. Grind coconut gratings with red chillies and turmeric to a fairly smooth paste. Before taking out, add cumin and green chillies and grind for a while. Add the masala to the cooked cucumber pieces and bring to boil. Prepare seasoning in frying pan with the ingredients noted above. Pour the seasoning and curds into the boiling mix. Stir. Allow to simmer for 2 minutes. Remove from flame and serve.

Kalan can be prepared with suran, raw papaya, gherkins, raw banana etc. by the same method.

Olan

- ½ kg ash gourd
- 1 cup cow peas (alsande seeds)
- 2 tsps cumin seeds
- 12 green chillies
- 2 cups coconut gratings
- ½ tsp mustard seeds
- 2 sprigs curry leaves
- 4 tsps oil
- 1-2 onions (optional)
- a little asafoetida
- salt to taste

Skin ash gourd. Discard seeds. Cut into medium sized pieces. Wash cow peas. Pressure cook ash gourd with cow peas in sufficient water, upto the sound of one whistle. Take out. Add salt, split green chillies and chopped onion (optional). Boil for 5 minutes. Extract 2 cups of thick juice by grinding coconut gratings. Mix with the above and allow to simmer for 5 minutes. Remove from flame. Season with mustard, cumin and curry leaves in oil. Add a few drops of asafoetida water and cover vessel. (Note: Asafoetida is not required, if chopped onion is added.)

Erriserry

- 1 cup green gram
- 1 cup bengal gram
- 1 cup coconut gratings
- 2 raw bananas
- 1 sprig curry leaves
- oil for seasoning
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- ½ kg suran
- 8 red chillies
- ⅛ tsp turmeric powder
- salt to taste

Soak bengal gram in water overnight. Next day, boil till soft. Pressure cook green gram with banana and suran pieces (of medium size) in sufficient water for 5 minutes. Mix the cooked ingredients with cooked bengal gram and add salt. Keep aside a small quantity of coconut gratings. Grind the rest with red chillies and turmeric to a fine paste. Mix masala with the cooked mixture. Add desired quantity of water. Bring to boil. Remove from flame. Season with mustard, cumin and curry leaves in oil. Roast coconut gratings (kept aside) till golden brown and crisp. Add to the curry. Stir and boil properly, before serving.

Daali (Dhal) Ambat

¼ pav thur dhal
1 cup coconut gratings
6 roasted red chillies
a little tamarind
2 cups vegetable pieces
2 tbsps oil
½ tsp mustard seeds
2 sprigs curry leaves
salt to taste

Wash thur dhal. Drop in boiling water and cook. (Note: Pressure cooker can be used.) To the cooked dhal add cut pieces of vegetables like brinjal, gherkins etc. When done, add salt to taste. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Mix masala with the dhal – vegetable mixture. Stir well. Boil properly. Remove from flame. Season with mustard and curry leaves in oil. (Note: Chopped onion can be used in place of mustard and curry leaves for the seasoning. One half of chopped onion is to be added while cooking the vegetable, and the other half for seasoning. Similar ambat can be prepared, using spinach/garden greens with thur dhal.)

Potato Masiyal

1 cup thur dhal
2 potatoes (medium size)
2 tomatoes
2 tbsps oil
1" piece ginger (minced)
2-3 green chillies
a little asafoetida
1 sprig curry leaves
a little turmeric powder
2 red chillies
½ tsp mustard seeds
1 tsp bengal gram dhal
1 tbsp lemon juice
a few coriander leaves
1 tsp salt

Soak thur dhal in water for 15 minutes. Wash potato, skin and cut into fairly large pieces. Pressure cook dhal with potato bits, in sufficient water, adding ½ tsp salt, for 8 minutes. Prepare seasoning in frying pan with mustard, bengal gram dhal and red chillies in oil. Add minced ginger and largely cut green chillies. Fry for a while. Then add turmeric, asafoetida, tomato pieces and curry leaves, and fry for another few minutes. Drop the cooked dhal – potato mixture in the pan, add a little salt and cook for 3-5 minutes. Remove from flame. Stir in lemon juice and finely cut coriander leaves, before serving.

Alwathi

25 arvi leaves (wild variety)
4 hog-plums (ambada)
1 small piece ginger
1 cup coconut gratings
3 green chillies
6 roasted red chillies
2 tbsps oil
1 lime
salt to taste

Procure arvi leaves (wild variety) growing in a clean place. Cut finely. Crush hog-plums. Cook them together with a little water. Mince ginger and keep aside. Grind coconut gratings with red chillies to a fine paste. When leaves are almost cooked, add green chilli slits and salt to taste. Mix the masala. Add minced ginger. Boil well. Remove from flame. Stir in raw oil and lime juice. Cover vessel. (Note: Alwathi can be seasoned with garlic in oil, in which case lime juice is not required. Seasoning is done after mixing the masala.)

Spinach-cum-Papaya Ambat

3-4 stems of spinach
1 small papaya (seasoned)
1 cup coconut gratings
tamarind lump (marble size)
1 big onion
8 roasted red chillies
2 tbsps oil
1 small piece jaggery
salt to taste

Cut spinach leaves finely. Cut stem into 2" long pieces. Skin papaya and cut into pieces of medium size. Wash all the three. First, drop the pieces of stem in a vessel, then the chopped leaves. Pour just enough water. Cook. When half done, add papaya pieces and turn over. Add half the chopped onion; and keep the other half aside in a ladle. When papaya becomes soft, add jaggery and salt to taste. Grind together coconut gratings, roasted red chillies and tamarind to a fine paste, and mix the masala with the cooked vegetables. Add desired quantity of water. Bring to boil. Remove from flame. Season with the remaining chopped onion in oil. Cover vessel.

Alambe (Mushroom) Ambat

1 pav skinned alambe (mushrooms)
½ cucumber (coloured variety)
1 cup coconut gratings
1 onion
8 roasted red chillies
tamarind lump (marble size)
2 tbsps oil
salt to taste

Skin alambe (edible mushroom). Skin and cut cucumber into small pieces. Wash both. Cook them together in just enough water, till tender. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Chop onion. Keep aside half the portion in a ladle (for seasoning). Add the remaining half to the cooked alambe – cucumber mix. Mix masala. Add salt. Boil well. Remove from flame. Season with onion in oil. Stir and serve.

Kootu

1 snake gourd
½ cup green gram dhal
½ cup coconut gratings
2-3 small onions
1 tsp raw rice
1 tsp powdered pepper
1 tsp black gram dhal
1 roasted red chilli
For seasoning: cumin seeds, mustard seeds, oil and curry leaves
salt to taste

Cut snake gourd into small pieces. Boil water. Wash green gram dhal and drop into the boiling water. Add snake gourd pieces, when dhal is half cooked. Take peeled onion, washed raw rice, black gram dhal, pepper and red chillies – all in a frying pan. Fry with a little oil. Grind coconut gratings with the fried ingredients to a smooth paste. When dhal and snake gourd are cooked properly, mix the masala and add salt. Boil. Remove from flame. Season with cumin, mustard and curry leaves in oil with a ladle.

Drumstick Leaves Curry

4 cups drumstick leaves
½ cup coconut gratings
5 green chillies
1 small piece turmeric
1 tsp cumin seeds
½ tsp thur dhal
3 red chillies
½ tsp mustard seeds
1 sprig curry leaves
4 tsps oil
salt to taste

Cut drumstick leaves finely. Wash thur dhal and the leaves. Mix them together. Pressure cook (in about 2 cups of water) for 15 minutes. Grind fine masala using coconut gratings, turmeric and green chillies. Add cumin and grind for a while. Transfer the masala to a vessel. Take out dhal – leaf mixture when cool and cook it again in another vessel. Add salt. Bring to boil. Mix the masala and boil well. Remove from flame. Season with red chilli pieces, mustard and curry leaves in oil, with a ladle. Curry should be moderately thin. Dhal should be moderately cooked.

Alambe (Mushroom) Buthi

This is prepared in the same way as alambe (mushroom) ambat. Add 2 extra roasted red chillies. Before taking out the masala from grinder, add 2 tsps coriander seeds and grind for another 2 minutes. When alambe is being cooked add minced ginger (1" piece) and chopped onion (one) to it. No seasoning is required. But, add 4 tsps raw oil after removing from flame. Stir well before serving.

Bitter Gourd Buthi

4 bitter gourds
2 onions
3 tsps coriander seeds
2 tsps fenugreek seeds
12 roasted red chillies
tamarind lump (marble size)
½ tsp mustard seeds
8 tbsps oil
salt to taste

Scrape off the bitter gourd skin. Wash and cut the gourd into small pieces. Apply salt and keep aside for 10 minutes. Heat oil in frying pan. Squeeze the bitter gourd bits, drop them into oil and fry till brown. Separate the bits from oil and transfer to a vessel. Grind coconut gratings with roasted red chillies and tamarind smoothly. Before taking out, add fenugreek and coriander seeds (both roasted with a little oil beforehand) to the masala and grind for another few minutes. Prepare seasoning in frying pan with mustard and curry leaves in oil. Add chopped onion and fry till brown. Mix the ground masala and a little water, turn over now and then till it thickens. Then mix bitter gourd pieces. Turn over for another 2 minutes. Remove from flame. Transfer buthi to a vessel.

Horse Gram Koddel

½ pav horse gram
½ cup (heaped) vegetable pieces
1 cup coconut gratings
10 roasted red chillies
tamarind lump (marble size)
2 tbsps oil
1 small garlic pod
salt to taste

Clean horse gram. Drop into hot water and cook till soft. (Pressure cook, if desired.) Add pieces of the selected vegetable (such as drumstick, tender jack, raw banana, plantain pith, cucumber (coloured), suran, bamboo shoots etc.) and cook moderately. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Add the masala to the cooked gram – vegetable mix, add salt and boil well. Remove from flame. Peel cloves of garlic, crush them and fry with a little oil till brown, using a ladle. Season koddel with it.

Koddel is prepared by the above method, using cow peas, cluster bean seeds, field beans, thur etc. Thur koddel is also known as *'bendi'*.

Koddel can also be prepared with vegetables such as cucumber (coloured), jack seeds, drumsticks, bitter gourd, raw banana, without combining them with beans or grams of any kind.

Koddel can be seasoned with *kamtekai* (theppal) in place of garlic, as follows: After taking out masala, drop 7-8 theppal pods into grinder, and grind till the shell turns white. Then wash grinder. Add the water used for washing, to the masala, discarding residue. Mix masala with the gram/vegetable. Bring to boil. Add 4 tsps raw oil. No seasoning is required.

Puli Koddel

- ¼ ash gourd
- 8 red chillies
- 3 tsps coriander seeds
- 2 tsps black gram dhal
- 2 tsps bengal gram dhal
- 1 small piece turmeric
- 3 tsps thil seeds
- 1 tsp raw rice
- 3 tbsps coconut gratings
- 1 piece jaggery (lime size)
- 2 tbsps oil
- tamarind lump (marble size)
- ½ tsp mustard seeds
- 1 sprig curry leaves
- salt to taste
- 1 small piece asafoetida

Roast coriander, black gram dhal, bengal gram dhal, turmeric, asafoetida, rice, coconut gratings, red chillies – all with a little oil, till brown. Wash thil seeds and roast them separately. Grind all the ingredients, together with tamarind, coarsely. Skin ash gourd. Cut into pieces of medium size. Cook in a little water till soft. Add jaggery and salt to taste. Mix the ground masala, adding desired quantity of water. Bring to boil. Remove from flame. Season with mustard and curry leaves in oil.

Brinjal or cucumber (coloured) puli koddel is also prepared by the same method.

Bengal Gram Sukke

- ¾ pav bengal gram
- 1 small piece suran
- 1 cup coconut gratings
- 8 roasted red chillies
- tamarind lump (marble size)
- 1 small piece jaggery
- 2 tsps black gram dhal
- 3 tsps coriander seeds
- 6 tsps oil
- ½ tsp mustard seeds
- 1 sprig curry leaves
- salt to taste

Soak bengal gram in water overnight. Next day, wash and cook in just sufficient water, till soft. (Pressure cooker can be used.) Cut suran into small cubes. Wash them. Grind coconut gratings with roasted red chillies and tamarind to a coarse paste. Before taking out the masala from grinder, add black gram dhal and coriander (both roasted with a little oil) and grind for another few minutes. Keep aside the water used for washing the grinder. Drain off water on top of cooked gram to another vessel. Add suran bits and some water to the cooked gram. Cook well. Add jaggery and salt to taste. Turn over. Mix the ground masala. Bring to boil. Remove from flame. Season with mustard and curry leaves in oil.

Cucumber (coloured), suran, cow pea beans, ridge gourd are other vegetables used for preparing sukke by the same method.

For *capsicum sukke,* cook capsicum pieces in the seasoning itself (i.e. mustard and curry leaves in oil). After adding jaggery and salt and mixing the masala, it is necessary to turn over the sukke thoroughly for sometime.

Potato Sukke

- 4 potatoes
- 3-4 tomatoes
- 1 cup coconut gratings
- 8 green chillies
- 1 bunch coriander leaves
- 1 small piece ginger
- 1 small piece turmeric
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 6 tsps oil
- salt to taste

This is a special type of sukke. Boil potato, peel and cut into small pieces. Cut tomato in the same way. Keep all the pieces aside. Grind coconut gratings with coriander leaves, ginger, green chillies and turmeric to a coarse paste. Prepare seasoning, in frying pan, with cumin and mustard in oil. Drop tomato pieces in it and turn over well. Then drop potato pieces along with the ground masala. Add salt to taste. Go on turning over, till the curry turns sufficiently thick.

Potato Song

- 5 potatoes (medium size)
- 5 onions (medium size)
- 2 tsps chilli powder
- tamarind lump (marble size)
- ½ tsp mustard seeds
- 1 sprig curry leaves
- salt to taste

No masala grinding is required for this song. Boil potatoes, peel and cut into pieces of medium size and keep aside. Extract thick juice of tamarind in a cup and throw away the residue. Prepare seasoning in frying pan with mustard and curry leaves in oil. First, add chilli powder, then onion pieces and fry a little. Drop potato pieces into the seasoning. Turn over and cook for some time. Add salt. Pour tamarind juice. Turn over. Cook till the curry turns semi-solid. Remove from flame. Transfer to a vessel and serve.

Spinach Bendi

- 3-4 stems of spinach
- 1 cup coconut gratings
- 10 roasted red chillies
- tamarind lump (marble size)
- 1 small garlic pod
- 2 tbsps oil
- salt to taste

Cut leaves of spinach finely. Cut its stem into 2″-3″ long pieces. Cook them together in a vessel with 1½ cups of water. (Note: First drop the stem pieces, and then the finely cut leaves over them.) After sufficient cooking, add salt. Boil well. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Add the masala to the cooked spinach. Bring to boil. Remove from flame. Season the curry with peeled garlic cloves in oil.

Bilimbis can be used, in place of tamarind, to give the sourish taste.

Ragi greens ambti is also prepared in the above manner, substituting spinach with those greens. Pieces of suran or chinese potato (kooka) are generally combined with the ragi greens.

Dailathe Sagle

- ½ kg gherkins
- 1 cup coconut gratings
- 7-8 roasted red chillies
- ½ tsp fenugreek seeds
- tamarind lump (marble size)
- 2 tsps coriander seeds
- 6 tsps oil
- 1 sprig curry leaves
- ½ tsp mustard seeds
- salt to taste

Wash gherkins. Cut them into medium sized pieces. Cook in water. Grind coconut gratings with roasted red chillies and tamarind. When masala is almost ready add fenugreek and coriander seeds (both previously roasted with a little oil) and grind for a minute or two. Masala should not be too fine. Add salt and cooked gherkin. Mix the masala. Boil. Remove from flame. Season with mustard and curry leaves in oil.

Similar sagle can be prepared with *lady's fingers*. But do not cook lady's finger pieces in water. Mix the masala with the pieces, add salt and desired quantity of water. Boil till the vegetable is just sufficiently cooked. Remove from flame. Season with mustard and curry leaves in oil. If 3 hog-plums (crushed) or 6 bilimbis (cut into slits) are used, in place of tamarind, the sagle will be more tasty.

Tender Jack Chakko

- 1 small tender jack
- 1 cup coconut gratings
- 12 roasted red chillies
- tamarind lump (marble size)
- 1 small piece jaggery
- 3 tsps coriander seeds
- 7-8 tsps oil
- 1 tsp mustard
- 1 sprig curry leaves
- salt to taste

Remove skin and shaft of tender jack. Cut into pieces of medium size. Cook in water till soft. Transfer to another vessel. Keep aside the excess water. Grind coconut gratings with roasted red chillies and tamarind to a stiff coarse paste, using a little water (kept aside). Before taking out the masala, add black gram dhal and coriander (both previously roasted a little) and grind for another minute or two. Add jaggery and salt and continue grinding for a while. Let masala be in the grinding stone only. Mix cooked jack pieces. Pound well with a heavy pestle (or stone). Transfer to a vessel. Collect water used for washing the grinding stone in another vessel. Prepare seasoning, in frying pan, with mustard and curry leaves in oil. Drop the pounded jack pieces in it along with the excess water. Turn over. Cook, under cover, for 5 minutes. Then simmer till the water evaporates, turning over thoroughly. Remove from flame and serve.

Potato Bharth

- 3-4 potatoes
- ½ cup coconut gratings
- 6 roasted red chillies
- 1 small piece asafoetida
- 1 tsp mustard seeds
- 2 tsps oil
- tamarind lump (big bengal gram size)
- 1 sprig curry leaves
- salt to taste

Wash potato. Boil in water. When cool, peel and keep aside. Grind coconut gratings with roasted red chilies and tamarind. Fry asafoetida and mustard in oil a little. Add to masala before taking it out and grind for a few minutes more. Add salt to taste. Finally, mash potato in the masala. Season with mustard and curry leaves in oil.

Brinjal Bharth

- 1 brinjal (big size)
- ½ cup coconut gratings
- 6 roasted red chillies
- tamarind lump (big bengal gram size)
- 1 tsp oil
- 1 tsp mustard seeds
- 1 piece asafoetida (bengal gram size)
- salt to taste

Roast brinjal, preferably over glowing embers. If not, cut into big pieces (say 5-6) and boil in just enough water. Peel the roasted or boiled brinjal. Roast asafoetida and mustard a little with oil. Grind masala using coconut gratings, roasted red chillies and tamarind. Before taking out add the roasted mustard and asafoetida to masala, add salt and grind for another few minutes. Then add a little water and mash brinjal in it.

Chopped onion can be added to this bharth, in place of roasted asafoetida and mustard, while grinding the masala. Bharth will taste better, if the masala is mixed with 7-8 raw garlic cloves (peeled) in place of asafoetida and mustard, and ground for a minute or two more.

Ash Gourd Saasam

- ¼ ash gourd (small size)
- 1½ cups coconut gratings
- 1½ tsps mustard seeds
- 2 tbsps oil
- 4 roasted red chillies
- tamarind lump (marble size)
- 1 sprig curry leaves
- salt to taste

Skin ash gourd. Cut into pieces of medium size. Wash. Drop them in a vessel. Pour water enough to cover the pieces. Cook till tender. Add salt to taste. Grind coconut gratings with roasted red chillies and tamarind. Before taking out the masala add 1 tsp mustard and grind for a while. Mix the masala with cooked ash gourd pieces. Add desired quantity of water. Boil. Remove from flame. Season with mustard and curry leaves in oil.

Adopt the same method for preparing saasam with cucumber (coloured variety), garden greens, spinach or stalks of arvi leaves (venti). Generally a bit of jaggery is added in the last case.

Mango-cum-Pineapple Saasam

3 mangoes (small size)
1 pineapple
1 cup coconut gratings
1 roasted red chilli
1½ tsps mustard seeds
2 tbsps oil
1 small piece jaggery
2 green chillies
1 sprig curry leaves
salt to taste

Peel mango. Cut into pieces, if it is of graft variety. Skin pineapple, and cut into pieces. Drop all the pieces in a vessel. Add jaggery and salt to taste. Mix chopped green chillies. Grind coconut gratings with roasted red chilli to a smooth paste. Before taking out, add 1 tsp mustard to masala and grind for a while. Mix the masala with the fruit pieces, add desired quantity of water and then season with mustard and curry leaves in oil.

Ripe banana saasam is also prepared in the above manner.

The same method is adopted in preparing *raw mango/raw mango-cum-tender cucumber saasam* (otherwise known as pachadi). Jaggery is not required in that case. Chop both the mango and cucumber finely, before use.

Tender Cucumber Saasam

1 tender cucumber (small)
¾ cup coconut gratings
1 red chilli
2 green chillies
3 tsps oil
1 tsp mustard seeds
1 sprig curry leaves
tamarind lump (bengal gram size)
salt to taste

Skin cucumber. Wash. Chop finely. Grind coconut gratings with red chilli and tamarind to a fine paste. Add ½ tsp mustard to masala before taking it out and grind for a while. Add chopped green chillies and salt to cucumber. Mix masala. Season with mustard and curry leaves in oil and serve.

Arvi Roots (Alvamande) Humman

½ kg colocasia (arvi) roots	tamarind lump (marble size)
1 cup coconut gratings	4 tsps oil
10 roasted red chillies	salt to taste
asafoetida water (thick)	

Wash colocasia roots. Boil in water till tender. Peel. Cut into small pieces. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Mix the masala with boiled pieces. Add salt and desired quantity of water. Cook. Bring to boil. Add raw oil and a few drops of asafoetida water.

Potato Humman

¼ kg potato	4 tsps oil
1 cup coconut gratings	asafoetida water
5-6 roasted red chillies	salt to taste
tamarind lump (marble size)	

Cut potato into medium sized pieces. (No need to skin it.) Boil in just enough water, till tender. Add salt. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Mix the masala with boiled potato pieces. Cook. Bring to boil. Remove from flame. Let humman be thick. Add raw oil and a few drops of asafoetida water.

Jack seed or Chinese potato (kooka) humman is also prepared by the same method. But the latter needs to be skinned, cut into pieces and washed before cooking.

Beans Menthekai

½ kg beans	½ tsp mustard seeds
1 cup (heaped) coconut gratings	1 sprig curry leaves
8 green chillies	5 tsps ghee
½ tsp fenugreek seeds	salt to taste

This is a cold curry. Remove fibre from beans. Cut off both ends. Wash. Cut into longish (1") thin pieces. Cook together with green chillies in sufficient quantity of water, till tender. Pick out green chillies and keep aside. Add salt to the cooked beans. Grind coconut gratings with cooked green chillies. Before taking out, add fenugreek seeds (fried previously in a little ghee), to the masala and grind for a while. Mix the masala with the beans, when cool. Season with mustard and curry leaves in ghee.

Garlic Potato

15 potatoes (small variety)	7-8 tsps oil
10 roasted red chillies	½ tsp mustard seeds
12 garlic cloves	salt to taste

Boil whole potato (small, round variety) or fairly big pieces of the ordinary potato. Peel and keep aside. Grind fine masala using garlic cloves with red chillies and salt. Mix boiled potatoes with it. Prepare seasoning, in frying pan, with mustard in oil. Drop masala coated potatoes in pan. Turn over for sometime. Remove from flame. Serve with chapathis.

Kela Masala

2 raw bananas	tamarind lump (marble size)
½ tsp turmeric powder	8-10 garlic cloves
10 red chillies	salt to taste

Cut each banana crosswise into two halves. Boil in water, till tender. Peel. Cut into pieces about 1″-1½″ long, and keep aside. Extract thick juice of tamarind by squeezing it in water. Mix tamarind juice, salt and turmeric with the banana pieces. Pulverize red chillies, crush peeled garlic cloves in it and add to the banana pieces. Turn over and serve.

Batani Bendi

½ pav peas (dried)	½ cup coconut gratings
6-8 tsps oil	6 roasted red chillies
½ tsp mustard seeds	tamarind lump (marble size)
1 sprig curry leaves	salt to taste
1 big pinch asafoetida	

Soak peas in water overnight. Next day, boil in water till tender. Grind coconut gratings with roasted red chillies and tamarind to a fine masala. Mix water used for washing the grinder, as much as desired and keep aside. Season the cooked peas with mustard, curry leaves and asafoetida powder in oil. Add the masala and salt to taste. Turn over. Bring to boil. Simmer for 5 minutes and then remove from flame. (Note: If shelled peas are used, there is no need to soak in water overnight. Take 1 pav of peas instead of ½ pav.)

Similar bendi can be prepared with any kind of val (soaked in water overnight) or vegetables like cucumber, cauliflower, snake gourd and brinjal.

About 8-10 garlic cloves (peeled and crushed) can be used for seasoning, instead of mustard, curry leaves and asafoetida, if desired.

11. Pickle Type Curries

Vaag

5 potatoes (medium size)
3 tomatoes (medium size)
15 red chillies (long variety)
1 tbsp coconut gratings
2 tsps coriander seeds
1 pinch mustard seeds
2 tbsps oil
1 sprig curry leaves
salt to taste

Wash potato. Boil in water. Peel and cut into small cubes. Wash tomato and cut into bits of same size. Fry red chillies (long, thin variety) and coriander in a little oil and keep aside. Grind coconut gratings with the fried red chillies and coriander to a fine paste. Keep aside water used for washing the grinder. Prepare seasoning in frying pan with mustard and curry leaves in oil. Add the ground masala, tomato bits and a little water. Boil well. Add potato pieces and salt to taste. Turn over. Bring to boil. When the curry turns semi-solid, remove from flame and serve.

Thambude

1 small piece suran
1 tsp (heaped) mustard seeds
1 tsp fenugreek seeds
1 small piece asafoetida
tamarind lump (big marble size)
1 small piece turmeric
15 red chillies (long variety)
4 tsps oil
1 piece jaggery (lime size)
1 sprig curry leaves
2 tsps coriander seeds
salt to taste

Cut suran into small cubes. Wash. Boil in water till soft. Roast 1 tsp mustard, asafoetida, coriander, red chillies and turmeric with a little oil. Grind them together with tamarind, adding a little water. To the cooked suran bits add jaggery and salt. Mix the masala. Boil well. Remove from flame. Season with mustard and curry leaves in oil. Thambude can be prepared by the same method using seasoned jack combined with raw mango or 2-3 hog-plums. Tamarind is not required in that case.

Cauliflower Pickle

1 cauliflower
5 limes
1 pav (heaped) red chillies
½ pav grains of salt
⅛ pav mustard seeds
2 tsps table salt
1 small piece turmeric
1 small piece asafoetida

Wash cauliflower. Cut into small pieces. Mix juice of lime and table salt with the pieces in a vessel. Add salt (grains) to ¼ litre of water in another vessel.

Boil and cool. Using this salt water grind red chillies with asafoetida and turmeric. When half done, add mustard and grind to a fine paste. Pour the paste into the first vessel. Mix well. Tender cucumber, carrot or green mango pieces can be added, if desired.

Bitter Gourd Pickle

- 3 bitter gourds (medium size)
- 1½ tsps mustard seeds
- ½ tsp fenugreek seeds
- 1 big piece jaggery
- 3 red chillies
- 1 small piece turmeric
- 1 sprig curry leaves
- tamarind lump (size of marble)
- 1 small piece asafoetida
- ½ cup coconut gratings
- 2 tbsps oil
- salt to taste

Chop bitter gourd finely. Wash. Drain off water. Apply salt and keep aside. Roast 1 tsp mustard, fenugreek, asafoetida, turmeric and red chillies with a little oil. Add coconut gratings and roast for another 2-3 minutes. Grind all the roasted ingredients with tamarind, jaggery and salt to a fine paste. Heat oil in frying pan. Squeeze bitter gourd chops, drop them in oil, and fry till brown. Transfer to a vessel, retaining oil in the pan. Add desired quantity of water to the ground masala. Mix bitter gourd bits with it. Season with ½ tsp mustard and curry leaves in oil (3-4 tsps) taken from the frying pan.

Capsicum Pickle

- 5 capsicums (medium size)
- 1 tsp chilli powder
- ¼ tsp fenugreek seeds
- ½ tsp mustard seeds
- 1 pinch turmeric powder
- 1 pinch asafoetida powder
- 2 limes
- 2 tbsps oil
- salt to taste

Wash capsicum. Cut into small pieces. First roast mustard in frying pan and when it splutters add fenugreek. Stir a little. Add chilli, turmeric and asafoetida powders. Stir. Drop capsicum pieces into pan, quickly add salt, stir and cover pan. Simmer for a few minutes till capsicum gets cooked. (Open lid 3-4 times at intervals, and stir.) Remove from flame. Add juice of lime. Mix well. Store in jar or bottle. The pickle can be kept for 2-3 days.

Adgai

- 1 small jack (unripe)
- 5-6 green mangoes (small)
  (or 1 big raw mango)
- ½ pav mustard seeds
- 2 handful coriander seeds
- 1 tbsp fenugreek seeds
- 1 small piece asafoetida
- 1 small piece turmeric
- ½ seer red chillies
- ¾ pav salt (grains)

Wipe and dry mango with a clean cloth. Discard the inner stone, if any. Cut into medium sized pieces and keep aside. Add salt to 1 litre of water. Boil and remove from flame. Before it cools, drop the mango pieces into it. Cut jack (after removing skin) into moderately big pieces. Wash. Drain off water. Tie them in a piece of cloth. Cook over steam in an idli vessel, till soft. Take out, open the bundle, spread jack pieces over a tray and allow to cool. Roast red chillies, coriander, asafoetida and turmeric one after another, in a frying pan, without oil. First, grind the red chillies using the salt water. When half done, mix all the roasted ingredients and grind to a smooth paste. Transfer the masala to a vessel. Drop the steamed jack pieces and cooked mango bits (kept in salt water). Mix well. Wash grinder with salt water and add some of that water too, if desired. (Note: 15 bilimbis can be used, in place of 1 raw mango, if need be.)

Bitter Gourd Bits

- 4 bitter gourds
- 16 red chillies
- 1 tbsp black gram dhal
- 1 tbsp coriander seeds
- 1 small piece asafoetida
- 1 small piece turmeric
- 4 tbsps oil
- ½ tsp mustard seeds
- 1 big piece jaggery
- tamarind lump (lime size)
- 1 sprig curry leaves
- salt to taste

Cut bitter gourd into about 2″ long bits. Wash. Cook in water, till tender. Drain off the water. Retain the lower layer and discard seeds above, in each bit. Roast red chillies, black gram dhal, coriander, asafoetida and turmeric one after another, in a frying pan, with a little oil. Powder the ingredients in a mixie. Add salt. Stuff all the bitter gourd bits with the powder. Prepare seasoning in frying pan with mustard and curry leaves in oil. Drop stuffed bits in the pan. Add juice of tamarind and jaggery. Turn over well. Cook under cover. Open lid 3-4 times at intervals and turn over. When all the water evaporates, remove from flame and transfer to a vessel.

Suran Koot

1 piece suran
1 cup coconut gratings
4 roasted red chillies
tamarind lump (size of tamarind seed)
1 small piece asafoetida
1 tsp mustard seeds
1 sprig curry leaves
salt to taste

Chop suran finely (about ½ cup). Wash the pieces. Drain off water. Apply salt and keep aside. Grind coconut gratings with roasted red chillies and tamarind. Before taking out, add asafoetida and ½ tsp mustard (both previously roasted with a little oil) to it. Grind for another 1-2 minutes. Transfer masala to a vessel. Heat oil in frying pan. Drop suran bits in it (after squeezing them) and fry till crisp. Mix the bits with the masala. Add a little salt, only if necessary. Season with mustard and curry leaves in oil.

Wild bitter gourd (phagil) saasam is also prepared by the above method.

Menskai

1 raw mango
1 tbsp coriander seeds
1 tbsp black gram dhal
1 tsp fenugreek seeds
1 big piece jaggery
1 tbsp coconut gratings
½ tsp mustard seeds
2 tbsps oil
25 red chillies (long variety)
1 sprig curry leaves
salt to taste

Roast coriander, fenugreek, black gram dhal and red chillies (long variety) with oil, in a frying pan, and keep aside. Cut raw mango into small bits. Grind the roasted ingredients with coconut gratings coarsely. Transfer the masala to a vessel. (Note: The masala should be a little finer than the one for '*sukke*'.) Prepare seasoning in frying pan with mustard and curry leaves in oil. Add masala, raw mango bits, jaggery, salt to taste along with some water used for washing the grinder. Turn over continuously, on a low flame, till the blend turns semi-solid. Remove from flame and serve.

12. Stuffed Curries

Stuffed Lady's Finger

½ kg lady's fingers
1 lime
1 cup bengal gram flour
1 tsp coriander seeds
½ tsp asafoetida powder
1 ½ tsps table salt
1 ½ tsps chilli powder
2 tsps cumin seeds
4 tbsps oil

Cut off stalk and cut lengthwise slits in lady's finger (do not split). Apply salt and keep aside for some time. Powder asafoetida, coriander and cumin separately. Sieve bengal gram flour. Drop the flour in a vessel and add juice of lime. Mix 1 tsp salt, chilli powder, powdered coriander, half the quantities of asafoetida and cumin powders. Stuff lady's finger bits with the powder mix. Drop the bits gently into frying pan. Spread excess bengal gram flour, if any, all over the bits. Cook under cover. Open lid once or twice and turn over. Roast the bits till brown. Remove from flame.

Stuffed Capsicum

½ kg capsicum
1 cup coconut gratings
10 roasted red chillies
tamarind lump (size of marble)
½ tsp fenugreek seeds
2 tsps coriander seeds
4 tbsps oil
1 small piece jaggery
2 onions
½ tsp mustard seeds
1 sprig curry leaves
salt to taste

If stalk of capsicum is too long, trim it. Cut a slit around the stalk (about ¼" from it) extending to ¾ of the capsicum. This will serve as a lid. Open it and scoop out seeds from capsicum with the handle of a spoon. Discard them. Grind coconut gratings with roasted red chillies, and tamarind to a coarse paste. When masala is almost ready, add fenugreek and coriander (both previously roasted with a little oil), jaggery and salt. Grind for a while. Then mix chopped onion with the masala. Stuff the capsicums, one by one, with the masala and close the lids. Prepare seasoning in frying pan with mustard and curry leaves in oil. Drop the stuffed capsicums gently in it. Spread the excess masala, if any, all over. Sprinkle a little water used for washing the grinder. Cook on a low flame under cover. Open 2-3 times, at intervals, and turn over slightly. After sufficient cooking, remove from flame.

Stuffed Snake Gourd

2 snake gourds (medium size)
6 potatoes
10 green chillies
1 red chilli
4 tsps oil
2 tbsps coconut gratings
¼ lime
Bombay rava
1 sprig curry leaves
½ tsp mustard seeds
oil for roasting
salt to taste
asafoetida water

Scrape off snake gourd skin. Cut crosswise into ½" thick pieces. Discard seeds. Wash. Apply salt and keep aside. Boil potato. Peel and mash. Add salt, chopped green chillies, coconut gratings and asafoetida water. Mix well and prepare a stiff dough. Season with red chilli pieces, mustard and curry leaves in oil, using a ladle. Add a little juice of lime. Make balls of dough, big enough to stuff the snake gourd pieces by pressing with fingers. Smear dosa pan with oil. Heat to smoking point. Dust each stuffed piece with Bombay rava and roast on both sides till brown.

Stuffed Brinjal Sagle

12 brinjals (small variety)
1 cup coconut gratings
10 roasted red chillies
tamarind lump (marble size)
½ tsp fenugreek seeds
salt to taste
2 tsps coriander seeds
2 tbsps oil
1 small piece jaggery
½ tsp mustard seeds
1 sprig curry leaves

Remove stalk of brinjal (small variety). Cut 3 or 4 slits lengthwise from top. Wash and keep aside. Grind coconut gratings with roasted red chillies, tamarind, jaggery and salt to thick masala (without using water). When masala is almost ready, add fenugreek and coriander seeds (both previously roasted) and grind for some more time. Stuff brinjals (through slits) with the masala. Spread the excess masala over them. Keep aside water used for washing the grinder. Prepare seasoning in frying pan with mustard and curry leaves in oil. Drop stuffed brinjals gently, along with water (kept aside) into the seasoning. Turn over. Cover pan. Cook. Open lid 3-4 times at intervals and turn over to prevent sticking to bottom. When brinjals become sufficiently soft, remove from flame. (Note: A few small pieces of onion can be added to masala, if desired.)

13. Fried Dishes

Phodis (Fries)

vegetable	asafoetida water
chilli powder	oil for roasting/frying
rice flour	salt to taste

Vegetable phodis are generally prepared in two ways as follows:

1. Sweet potato, brinjal or banana phodis are roasted on dosa pan. First, cut the vegetable into ¼″ thick pieces. Wash. Apply salt, chilli powder and a few drops of asafoetida water. Keep aside for 5 minutes. Roll the phodis in rice flour, one by one and roast on hot dosa pan smeared with oil. Ripe banana phodis are also prepared this way, but there is no need to wash. Cut the banana, peel, apply salt, roll in rice flour and roast as stated above.

2. Suran, elephant yam, wild bitter gourd (phagil) or breafruit phodis are prepared usually by the same method, but by deep frying in oil.

Pumpkin flower fries: Remove stalk of the flower bud. Clean. Apply mixture of salt, chilli powder and asafoetida water. Roll in rice flour. Keep aside for some time. Then deep fry in oil, till crisp.

Drumstick fries: Select fairly seasoned drumstick. Cut crosswise into 2½″ long pieces. Rest of the method, same as above.

Bitter Gourd Fries

Cut bitter gourd lengthwise into 2 halves. Discard seeds. Cut crosswise into 2″-3″ long pieces. Wash. Drop pieces in a broad wooden bowl. Crush a little. Apply salt and keep aside for 5 minutes. Then squeeze out water. Apply chilli powder and asafoetida water. Roll in rice flour. Deep fry in oil, till crisp.

Bitter gourd rings: Cut bitter gourd crosswise into thin slices. Wash. Apply salt. Roll in rice flour. Deep fry in oil, till crisp. If rings are not required for immediate use, there is no need to roll in rice flour. Deep fry salted rings in oil, till crisp. They will be useful in preparing bitter gourd kosumbari or salad.

Cabbage Bonda

1 cup chopped cabbage
2 big onions
8 red chillies
½ pav thur dhal
½ pav rice
4 pepper corns
tamarind lump (marble size)
1 tbsp coconut shreds
a few coriander leaves
1 sprig curry leaves
oil for frying
salt to taste

Soak rice plus thur dhal in water, for an hour. Grind together red chillies, tamarind, thur dhal, rice and salt to a coarse paste (without adding water). Mix chopped cabbage and coriander leaves with the paste. Mix pepper corns, chopped onion and coconut shreds also and make lime sized balls of the blend with moistened palm. Flatten and drop them gently in frying pan with hot oil. Deep fry 7-8 bondas at a time, till crisp. (Note: A small piece of asafoetida can be added while grinding, instead of adding chopped onion to the blend.)

Onion bonda is also prepared by the same nethod.

Radish Bonda

4 radishes (white)
2 tsps chilli powder
1 tsp coriander-cum-cumin seeds
oil for frying
bengal gram flour
asafoetida water
salt to taste

Scrape off radish skin. Wash. Grate on vegetable grater. Apply salt to the gratings and keep aside for 5 minutes. Squeeze off water. Blend chilli powder, just enough bengal gram flour, cumin-cum-coriander, salt and asafoetida water with the gratings. Make lime sized balls of this blend with moistened palm. Rest of the method same as for cabbage bonda.

Dangar

leaves of drumstick/pumpkin/radish
¾ pav thur dhal
¾ pav rice
tamarind lump (big bengal gram size)
1 tbsp coconut gratings
12 red chillies
oil for frying
salt to taste

Soak rice with thur dhal in water, for an hour. Wash. Grind with red chillies, coconut gratings and tamarind to a coarse paste (without using water). Transfer the masala to a vessel. Add just sufficient quantity of chopped leaves and salt to taste. Mix well. Shape small balls of the mix. Flatten a bit. Deep fry in oil. (Note: Bengal gram dhal can be used, instead of thur dhal.)

14. Rice Dishes

Chitranna

½ pav green gram dhal	1 small piece ginger
½ pav raw rice	½ tsp cumin seeds
7-8 tsps oil	3 tbsps coconut gratings
½ tsp mustard seeds	1 pinch turmeric powder
¼ lime	1 sprig curry leaves
6 green chillies	salt to taste

Wash green gram dhal plus rice thoroughly. Chop green chillies. Mince ginger. Prepare seasoning, in frying pan, with mustard and curry leaves in oil. Drop chopped green chillies, minced ginger and turmeric powder in pan and pour 3 cups of water. Add 1 tsp table salt. Bring to boil. Drop rice and green gram dhal. Boil. Cover pan. Cook on low flame. Open lid 2-3 times, and turn over to prevent sticking to bottom. When all the water evaporates and rice is sufficiently cooked, remove from flame. (Add some more water and turn over, if necessary.) Garnish with coconut gratings and add juice of lime.

Sakkarai Pongal

½ cup raw rice	1 pinch refined camphor (edible)
1 tbsp green gram dhal	a few pinches nutmeg powder
1 cup sugar	8-10 kismis
8 cashewnuts	1 cup milk
3 cardamom pods (powdered)	½ cup coconut gratings
a little saffron	
5 tbsps ghee	

Roast green gram dhal lightly, till it smells. Soak in water with rice for 15 minutes. Add 2 cups of diluted milk and 1 tbsp ghee to the soaked rice-cum-dhal mix. Pressure cook for 8 minutes. Roast cashewnut bits with 4 tbsps ghee in frying pan, on a low flame. Add kismis, stir. Add coconut gratings and roast till golden yellow. Make sugar syrup of thread consistency in a vessel. Mix the cooked rice plus dhal with it, and cook for 2 or 3 minutes on medium flame. Add the cashewnut and coconut mixture. Then add camphor (edible), jajikai (nutmeg), cardamom and saffron. Turn over thoroughly, and serve. (Note: If jaggery is used in place of sugar, no saffron is required. Soak jaggery in 1 cup water, strain to remove dirt, and then prepare its syrup.)

Venn Pongal

1 cup raw rice
½ cup green gram dhal
4 cups water
3 tbsps ghee
1 tbsp oil
1 tsp salt

8 cashewnuts (quartered)
1" piece ginger (chopped)
1 tbsp chopped curry leaves
1 ½ tsps cumin seeds
½ tsp pepper

Grind together pepper and cumin seeds coarsely. Roast green gram dhal a little, in frying pan. Mix dhal with rice, wash and soak in water for 15 minutes. Roast powdered pepper and cumin, as well as cashewnut bits, with ghee, in frying pan. When the nut bits turn golden yellow, remove from flame. Add chopped ginger and curry leaves. Stir and keep aside. Heat water in a large degchi (or pressure cooker vessel). Add 1 tsp oil, rice and green gram dhal. Cook on medium flame, turning over occasionally. When rice is three fourths cooked, add salt. Simmer for 5 minutes. When very little water is left, add pepper-cum-cumin powder and cashewnut bits. Mix well. Remove from flame. Cover vessel.

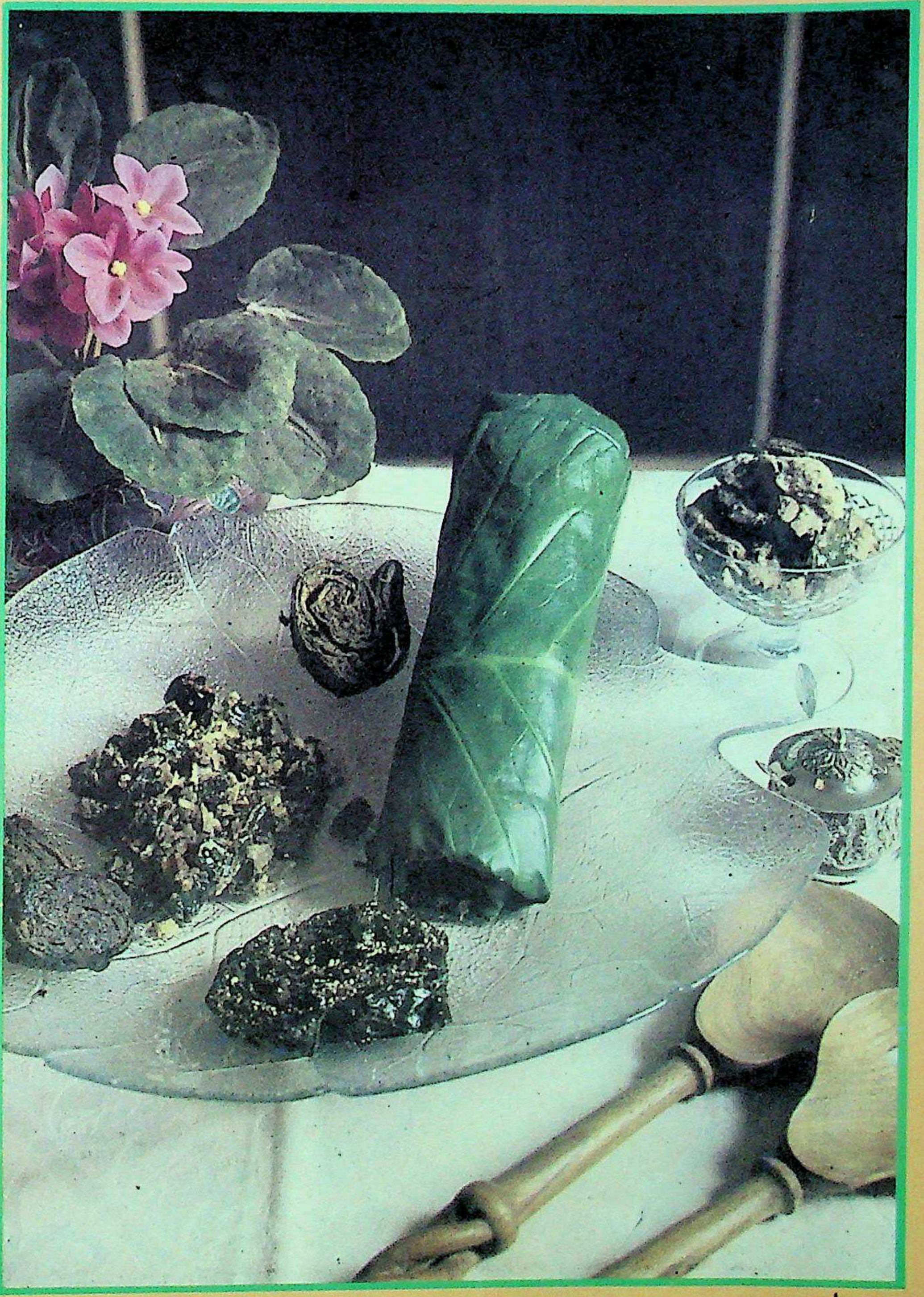
Bisibele Bhath

1 cup thur dhal
2 cups raw rice
6 red chillies
1 cup beans (pieces)
1 pinch cumin seeds
1 pinch fenugreek seeds
tamarind lump (size of marble)
1 small piece turmeric
3 tsps salt

3 tsps coriander seeds
4 cloves
2 pieces cinnamon
2 maratamoggu
4 tsps black gram dhal
2 tsps bengal gram dhal
½ cup coconut gratings
½ tsp pepper corns

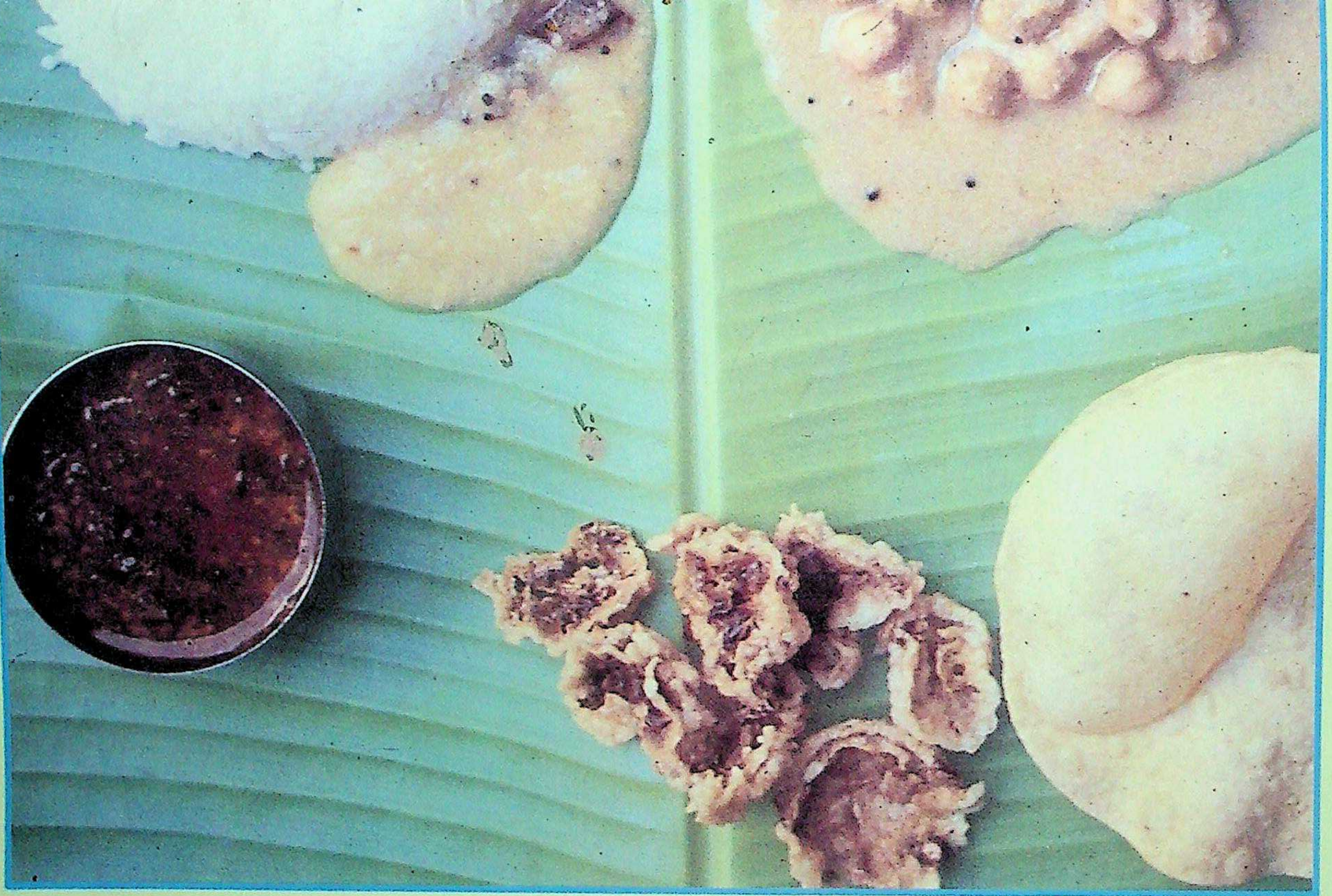
For seasoning: 4 tsps oil, 2 tsps ghee, ½ tsp mustard seeds, 4 green chillies, 1 tsp bengal gram dhal, ½ cup cashewnut bits and 3 sprigs curry leaves.

First, roast red chillies in frying pan, with a little oil. Then roast coriander, turmeric, cumin, fenugreek, pepper, cloves, cinnamon, maratamoggu, black gram dhal and bengal gram dhal, one by one, without oil. Roast coconut gratings separately. Powder all the roasted ingredients together and keep aside. Squeeze tamarind in water and collect its juice in a ladle. Heat about 2 litres of water in a vessel. Drop thur dhal into it. When half cooked, add rice. When rice is sufficiently cooked, add pieces of beans. When done, mix juice of tamarind, table salt and the roasted powder mix. Turn over thoroughly. Remove from flame. Prepare seasoning, in frying pan, with chopped green chillies, mustard, black gram and bengal gram dhals, cashewnut bits and curry leaves, in an oil – ghee mixture. Drop the cooked and ready dhal-cum-rice mix into the seasoning. Turn over well. Remove from flame. Serve with ghee, when hot.



PATHRAVADE

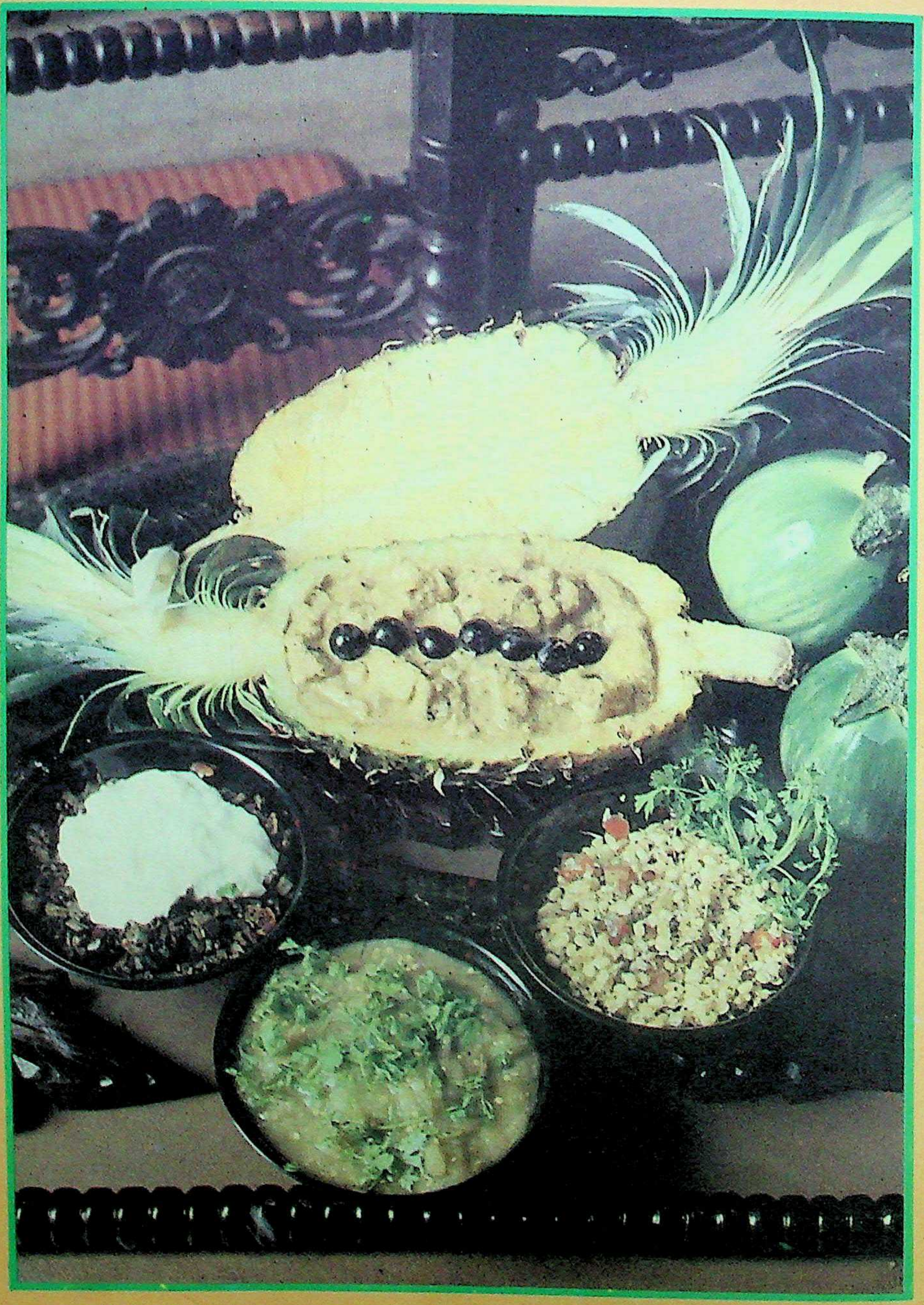
Clockwise : Steamed slice, uncooked roll, ghushi pathravade (in bowl), coconut oil container, fried and roasted slices and usli.



LUNCH ON PLANTAIN LEAF

Top row L to R : Pickles, kosumbari, bengal gram ghushi, papad, onion vadi

Bottom row L to R: Tender cashewnut upkari, rice, parpu (daali thoi), sambar (in katori)



SALADS

Clockwise : Mango – pineapple saasam, sprouted green gram kosumbari; brinjal bajji, lady's finger gozzu

Puliyam Sadam (Tamarind Rice)

- 1 pav raw rice
- tamarind lump (big lime size)
- ¼ pav peanuts
- 1¼ tsps salt
- a few sprigs curry leaves
- ¼ tsp asafoetida powder
- ¼ tsp turmeric powder
- ¾ tsp fenugreek seeds
- ½ tsp chilli powder
- 1 tbsp coriander powder
- 1 tbsp jaggery (crushed)
- 1 tsp mustard seeds
- 1 cup oil

Rice: Soak rice in water for 15 minutes. Wash. Pressure cook in ½ litre of water for 8 minutes. Keep aside.

Puli kachal: Squeeze tamarind and extract juice in ½ litre of hot water. Roast fenugreek seeds, in frying pan, for a while. Powder, when cool. Heat 6 tsps oil in frying pan, roast peanuts with it, and drop into tamarind juice. Heat rest of the oil, temper with mustard and remove from flame. Add turmeric, coriander, chilli powder, salt and curry leaves. Stir for a few minutes. Return to flame. Cook on medium flame. Boil for 5-6 minutes, stirring occasionally. When oil separates completely, add jaggery and remove from flame. Cool and store in bottle. Can be kept in fridge for 20 days, without spoiling.

Mix kachal with rice when required, and serve.

Puliyogare Mix

- ½ copra
- 4 tsps coriander seeds
- 2 tsps pepper corns
- 1 piece of asafoetida (bengal gram size)
- 4 tsps peanuts
- 3 tsps mustard seeds
- 12 red chillies
- 4 tsps salt
- 4 tsps thil (white)
- 4 sprigs curry leaves
- 2 tsps black gram dhal
- 1 tsp bengal gram dhal
- 8 tsps oil
- 1 cup tamarind juice (thick)
- 1 small piece jaggery
- 2 tsps cumin seeds

Grate copra on a grater. Roast the gratings a bit and keep aside. Roast coriander, cumin, pepper, asafoetida, 2 tsps mustard, 3 tsps thil, curry leaves, 1 tsp black gram dhal, ½ tsp bengal gram dhal, 2 tsps peanuts, one by one in a frying pan. Roast red chillies with a little oil. Powder all the roasted ingredients, except copra gratings, in mixie. Mix copra gratings and powder thoroughly. Prepare seasoning, in frying pan, with 1 tsp each of mustard, thil and black gram dhal, ½ tsp bengal gram dhal, 2 tsps peanuts, in oil. When mustard seeds splutter, add tamarind juice, crushed jaggery and salt to taste. Continue turning over. When the blend reaches consistency of jam, add the above powder mix. Turn over thoroughly. Mix this chutney-like blend with "cooked and ready" rice and serve, when hot.

Curds Rice

½ pav rice
4 green chillies
1 tsp table salt
1 small piece ginger
2 tsps ghee
a few coriander leaves

2½ cups curds
1 tsp bengal gram dhal
1 tsp black gram dhal
½ tsp mustard seeds
1 sprig curry leaves

Wash rice. Cook and keep aside. To the curds add chopped green chillies, minced ginger and salt. Mix cooked rice with the curds and turn over gently. Season with mustard, black gram dhal, bengal gram dhal and curry leaves in ghee, using a ladle. Add chopped coriander leaves. Turn over and serve.

Pulav

1 pav basumathi rice
2 carrots
½ cup beans (pieces)
1 cup shelled peas
½ bunch coriander leaves
6 cashewnuts
4 green chillies
4 cloves
1″ long cinnamon
1½ tsps table salt

2 big onions
2 cardamom pods
1″ long ginger piece
2 garlic cloves
2 tsps coriander seeds
1 tbsp peanuts
1 tbsp coconut gratings
1 tsp oil
½ cup ghee

First, wash rice and drop into a colander. Let all the water trickle down. Roast the rice with a little ghee in frying pan and keep aside. Roast 2 cloves, ½″ cinnamon and cardamom in ghee and powder them. Roast coriander leaves and split green chillies with oil. Mix the remaining ½″ piece of cinnamon, garlic cloves, ginger, cashewnut bits and coconut gratings. Grind all the ingredients together to a coarse paste. Cook pieces of carrot and beans along with shelled peas, in water, till tender. (Note: Dry green peas can be used, if shelled ones are not available.) When done, add salt to taste. Mix the ground masala with the cooked vegetables. Bring to boil. Remove from flame and keep aside. Take ½ cup of ghee in frying pan. Roast onion pieces (longish thin) till brown. Mix peanuts. Add the above powder-mix, salt, and 3 cups of water. Bring to boil. Drop the roasted rice and cook on low flame under cover. Open lid 2-3 times to turn over. Add more water, if need be. When rice is almost ready, mix the prepared curry and turn over thoroughly. When done, remove from flame.

15. Payasams and Kheers

Doodpak

1 pav raw rice	a few raisins
¼ pav sago	a few cashewnuts
¾ litre milk	3 cardamom pods
1 ½ pav sugar	1 pinch saffron

Wash rice thoroughly. Boil one litre of water in a vessel. Drop rice into the boiling water. When rice is half cooked, add sago (washed previously) to it. When sago turns transparent, test whether rice is cooked properly. (If water is insufficient, make it up by adding a little more.) Mix cashewnut bits and sugar with cooked rice and stir constantly, till it boils well. Boil milk in another vessel, remove its cream, and pour the milk into the cooked rice-cum-sago. Stir saffron in a little milk and add it along with powdered cardamom and raisins. Stir and serve.

Sago doodpak: To prepare this, rice is not required. Drop ½ pav sago only in boiling water. Stir well, till it becomes transparent. Add sugar and cashewnut bits. (Semia, slightly roasted with a little ghee, can be added to the cooked sago, if desired.) Rest of the method same as above.

Rice Payasam

1 pav raw rice	2 cardamom pods
1 big ball jaggery	a few raisins
2 cups coconut gratings	

Wash raw rice. Drop into 1 litre of hot water and cook. Lower flame, when it begins to boil. Grind coconut gratings and collect its thick juice in one vessel and thin juice in another. If water is insufficient for cooking rice, make it up by adding a little thin juice. Mix crushed jaggery with cooked rice. Boil thoroughly. Add thick coconut juice (and a little thin juice too, if necessary). Bring to boil again. Remove from flame. Add raisins and powdered cardamom. Stir and serve.

Wheat Payasam

1 pav wheat	5 cardamom pods
½ kg jaggery	1 pinch salt
2 cups coconut gratings	

Sprinkle water all over wheat. Pound in grinding stone. Dehusk the wheat, by winnowing. Repeat the process 3-4 times. Then wash the wheat. Grind coconut gratings and collect its juice. Cook the washed wheat, in one litre of water, till soft. Add crushed jaggery and a pinch of salt. Pour the extracted coconut juice. When the jaggery melts and begins to boil, remove from flame. Add powdered cardamom. Stir and serve. (Note: If broken wheat sold in the bazaar is used instead of whole wheat, pounding is not required. It can be straightaway washed and cooked.)

Madgane

½ pav bengal gram dhal
2 tbsps rice
1 ball jaggery
2 cups coconut gratings
3 cardamom pods
25 tender cashewnuts (dried)
a few raisins

Soak tender cashewnuts in water for an hour. Peel and separate the halves. Roast bengal gram dhal for a while, in frying pan. Wash and keep aside. Heat ½ litre of water in a vessel and cook the bengal gram dhal in it. Bring to boil. Then lower the flame. Grind coconut gratings and collect its thick juice in one vessel and the thin juice in another. When dhal is almost cooked, add cashewnut halves. Mix crushed jaggery. When both are cooked well, grind rice and pour it into the vessel. Turn over now and then, to prevent sticking to bottom. Then (after 5 minutes) add thick coconut juice (and a little thin juice too, if desired). Bring to boil and remove from flame. Add raisins, and powdered cardamom. Stir and serve.

Green gram dhal payasam is also prepared by the same method, using it in place of bengal gram dhal. Tender cashewnuts are not required in that case

Jackfruit Payasam (Gharayi)

3 cups jack plum pieces
1 ball jaggery
1 tsp ghee
¼ pav fine soji
2 cups coconut gratings
3 cardamom pods
a few raisins

Grind coconut gratings and collect the thick juice in one vessel and the thin one in another, and keep aside. Roast soji with ghee. Drop jackfruit pieces in the thin coconut juice mixed with water (totally 5 cups). Cook on medium flame, till soft. Add roasted soji. When soji softens, add crushed jaggery. When jaggery melts and begins to boil, add the thick coconut juice and bring to boil again. Remove from flame. Add powdered cardamom and raisins. Stir and serve. (Note: Take care not to overboil jackfruit pieces.)

Rava Kheer

- ¾ pav fine soji
- 1 cup milk
- 2 cups coconut gratings
- 1 tbsp ghee
- 1 tsp almond bits
- ⅜ pav sugar
- 4 cardamom pods
- 1 pinch saffron
- 1 tbsp raisins

Grind coconut gratings with a little water, extract 2 cups of juice and keep aside. Roast almond bits and raisins separately, with a little ghee. Roast rava too with ghee for a while, and transfer to a vessel. Pour 1½ litres of water into the vessel and cook, stirring constantly for a few minutes. Then pour coconut juice. Add saffron (stirred in a little milk), sugar and powdered cardamom. Stir well. Bring to boil. Remove from flame. Add roasted almond and raisins, as well as boiled milk. Stir and serve.

Semia Kheer

- 1 handful wheat semia
- 1 ball jaggery
- 2 cups coconut gratings
- 3 tsps ghee
- 3 cardamom pods
- 7-8 cashewnuts
- a few raisins

Drop semia in 3-4 cups of hot water. (If vermicelli is used, roast it for a while with a little ghee, before dropping.) Roast cashewnut bits and raisins with a little ghee and keep aside. Grind coconut gratings and extract its juice. Cook semia till soft and the water boils. Add crushed jaggery. Bring to boil again. Add coconut juice. When it boils, remove from flame. Then add cashewnut bits, raisins and cardamom powder. Stir and serve.

White Kheer

- ½ pav raw rice (new)
- 1 cup coconut gratings
- 2-3 leaves of turmeric

Wash rice. Drop it in about ½ litre of hot water. Cook. When rice is half cooked, drop knots of turmeric leaves into it. Grind coconut gratings and collect its thick juice in one vessel and the thin one in another. If water is insufficient for cooking the rice, make it up by adding the thin coconut juice. Finally, when rice is well cooked, add the thick juice. Stir well. Serve with a little salt or hot pickles.

16. Sweet Dishes

Paal Poli

1 cup maida
1 cup sugar
1 tsp ghee
1 pinch salt

½ litre milk
3 cardamom pods
1 pinch saffron
oil for frying

Sieve maida. Add salt, ghee and sufficient water. Prepare dough. Knead till stiff and smooth. Keep dough covered for 15 to 20 minutes. Divide into 10 equal portions. Shape them into balls and roll into polis (rotis). Fold each poli into (boat shape) half and seal the semi-circular edge, applying water and pressing with fingers. Keep polis on a newspaper, without touching each other. Heat oil, in frying pan, to smoking point. Deep fry polis, one by one and keep aside. Boil milk with sugar in a vessel. Lower flame to the minimum. Stir in cardamom powder and saffron. Soak the polis in milk, one by one, for a while, before serving.

Mango Rasayan

4 mangoes (raspuri variety, medium size)
1 cup sugar

2 cups milk
3 cardamom pods

Peel mango. Discard stone. Cut into small pieces. Add sugar and powdered cardamom. Boil milk and cool it. Remove cream and mix milk with mango pieces. Alternatively, peel mango, discard stone, mash, add boiled and cooled milk and mix sugar and powdered cardamom.

Kharbuza (Musk Melon) Rasayan

1 ripe kharbuza (medium size)
½ cup sugar
½ pav beaten rice

½ litre milk
3 cardamom pods

Skin kharbuza (musk melon). Discard its innermost soft portion. Cut into small cubes. Mix sugar. Add boiled and cooled milk. Mix beaten rice (optional) and powdered cardamom and serve.

Kesar Bhath

1 pav raw rice (fine variety)
1 pav sugar
12 tbsps ghee
3 cardamom pods
3 cloves
10-12 cashewnuts
1 pinch saffron
a few raisins

Wash rice. Pressure cook (or cook very moderately). Roast cloves with a little ghee and crush them. Add water to sugar and heat till syrup is formed, that can be drawn into long strings. Then add powdered cardamom, saffron (in a little milk), raisins and cloves, along with the "cooked and ready" rice. Pour ghee. Turn over constantly, till ghee reappears on the sides of the vessel. Remove from flame.

Kanahindri

1 pav fine soji
4 tbsps ghee
7-8 cashewnuts
1 pav sugar
½ cup coconut gratings
3-4 cardamom pods
a few raisins

Boil about 2½ cups of water and keep aside. Roast raisins and cashewnuts slightly, with a little ghee. Roast soji, adding more ghee. Drop the roasted soji in a vessel and add hot water. Cook till soft, turning over now and then. When done, add sugar. When sugar melts and boils well, add coconut gratings, cashewnut bits and raisins. Turn over constantly for a few minutes. Then add powdered cardamom and remove from flame. Smear an idli-cup (or small ladle) with ghee. Fill it tightly with the cooked mix and invert it over a wooden board (also smeared with ghee) sharply with a bang and dislodge the mix. Repeat process till all the soji mix is used for making kanahindris.

Carrot Pudding

4 large carrots
1½ cups milk
1 cup sugar
3 cardamom pods
1 tbsp raisins

Scrape off the carrot skin. Grate the carrot. Mix gratings with milk and cook on medium flame, till soft. Add sugar. Stir constantly, till it thickens a bit. Then add raisins and powdered cardamom. Remove from flame. Serve when cool (or after keeping in fridge for sometime).

Banana Pudding

4 big bananas (nendrapazham)	10 gms raisins
1 cup sugar	10 cashewnuts
6 tsps ghee	3 cardamom pods

Peel banana. Cut into small cubes. Keep aside cashewnut bits and cardamom powder. Pour ghee in a vessel (or frying pan) and roast banana bits with it for a while. Then add sugar. Stir constantly. When sugar melts, mix cashewnut bits and raisins, and continue stirring till the blend thickens. Add powdered cardamom and remove from flame.

Ragi Duddali

½ pav ragi	2 tsps ghee
3 tbsps coconut gratings	1 ball jaggery
2-3 cardamom pods	

Soak ragi in water for 2 hours. Grind with coconut gratings finely. Strain the ground ragi through a gauze cloth and collect the extract in a degchi. Repeat the process 2 or 3 times, adding water to the residue left in cloth. Add crushed jaggery to the extract and cook on medium flame, stirring constantly, till consistency of porridge is reached. Then add powdered cardamom. Remove from flame. Porridge can be served, if desired. Cook the ragi porridge for some more time till it thickens (stirring constantly) and a stage is reached when, if tested on a plantain leaf, the sample fails to stick to fingers, when touched. Then transfer to a thali smeared with ghee. When cool, cut duddali into pieces of desired size.

Kichidi

½ cup bengal gram dhal	1½ cups sugar
1 cup coarse soji	1 cup coconut gratings
3-4 cardamom pods	a few raisins
7-8 tsps ghee	

Roast bengal gram dhal for a while, in frying pan. Wash and keep aside. Roast soji with 3 tsps ghee and keep aside separately. Cook dhal in ¾ litre of water. Bring to boil. Lower the flame. When the dhal is sufficiently cooked, add soji. When soji is cooked well, add sugar and raisins. Turn over constantly, till sugar melts and begins to boil. Then add coconut gratings. Turn over for a few minutes till the blend thickens. Finally, add the remaining ghee and powdered cardamom. Turn over well and serve.

Arrowroot Duddali

- 1 small cup arrowroot flour
- 1 cup milk
- 1 cup sugar
- 2-3 cardamom pods
- 2 tsps ghee

Mix arrowroot flour with 8-10 cups of water in a degchi. Strain through a gauze cloth and collect in another degchi. Set aside for 15 minutes. Then decant water on top. To the settled flour add milk and sugar with 3 cups of water. Cook, stirring constantly, till the paste becomes transparent. Test a sample of the paste on a piece of plantain leaf and make sure it fails to stick to fingers, when touched. Then add powdered cardamom. Spread the paste in a thali, smeared with ghee evenly with a spatula (smeared with ghee). When cool, cut into pieces of desired size.

Obbattu (Puran Poli)

- 1 cup bengal gram dhal
- 1 cup sugar
- 1 ½ cups maida
- 1 pinch kesar powder
- 1 tsp turmeric powder
- 8 tbsps oil
- 2-3 cardamom pods

Sieve maida. Stir kesar powder in ½ cup water and mix it with maida. Knead well (using a little oil) and prepare a soft 'dough'. Keep aside for 1-2 hours.

Wash bengal gram dhal. Boil in water till soft. Decant water on top. Add sugar to the cooked dhal. Turn over constantly, till it forms a lump. Grind to a smooth paste, without adding water. Before taking out, add cardamom and grind for a while. 'Puran' is ready.

Make lime-sized pellets of 'puran' and an equal number of pellets of the 'dough'. Dust the latter with maida and roll into small puris. Place a pellet of 'puran' on each puri. Enclose it fully with the puri, by folding up the edge all around. Spread a newspaper on wooden board. Roll the poli balls on it, into puris (about ⅛" thick). Place chapathi tawa on a low flame. Roast polis on both sides gently, 2-3 at a time. Lay the roasted puran polis on a clean piece of cloth, without touching each other. When cool, store them in a container with lid. Serve with ghee, when desired.

Sukian

½ cup black gram dhal	2 cups coconut gratings
3 tbsps raw rice	2 cardamom pods
2 cups chopped jaggery	1 pinch salt
oil for frying	½ cup water

Heat jaggery with coconut gratings, adding water, in a frying pan. Stir till water evaporates. Remove from flame. Add cardamom powder. Mix well and divide the blend into 20 equal parts. Roll them into balls and keep in fridge.

Soak black gram dhal with rice in water, for an hour. Grind with a pinch of salt and a little water to a smooth paste (batter).

Heat oil in frying pan. Dip the balls (taken out of fridge) in the batter, one by one, cover it up fully and deep fry till golden brown and crisp, on medium flame, 7 or 8 at a time.

Mando

1 cup maida	1 cup powdered beaten rice
1 cup warm water	1 cup powdered sugar
2 tsps ghee	1 handful thil seeds
6 cardamom pods	1 pinch salt

Wash thil seeds. Dry and roast them. Roast one seer of beaten rice and powder it in mixie. Prepare a blend by mixing powdered sugar and cardamom along with thil seeds with powdered beaten rice and keep aside. Prepare dough as for 'puri', using a pinch of salt and maida with warm water. Shape portions of the dough into small balls and roll into puris. Heat ghee in frying pan and fry puris in it, one by one. Take out puri before crisp. At once place a small quantity of the above blend near one edge and fold a third of the puri over it. Immediately place about 2 tsps of the blend in a heap in the middle and fold the puri across, to form a triangular shape. Seal the edge by pressing. Prepare mandos thus and keep them one over another in a row, each a little forward to the one below it (like tiles on roof). Mandos become crisp, as they cool. (Note: Mandos can be prepared with 'Bengal gram panchakajjai' or 'a mixture of fine pop rice powder, powdered sugar, thil seeds and powdered cardamom,' instead of the above blend.)

17. Breakfast Dishes

Upmav

1 pav soji	1 tsp table salt
4-5 green chillies	2 tsps sugar
½ tsp mustard seeds	1 tsp black gram dhal
2 tbsps coconut gratings	1 sprig curry leaves
2 tbsps ghee/oil	

Take ghee (or ghee plus oil) in frying pan. Place on flame. Drop mustard in it, when slightly hot. When mustard splutters, add split green chillies, black gram dhal and curry leaves (in the same sequence). To the seasoning add soji and stir well for 2-3 minutes. Pour about 2 cups of hot water. Add sugar and salt. Turn over. Cook on low flame, under cover, till water evaporates. (Note: Open once or twice and turn over, to prevent sticking to bottom.) Remove from flame. Garnish with coconut gratings. Chopped onion and ginger can be added to the seasoning, if desired. Cashewnut bits or peanut halves can also be added (optional).

Vaangi Bhath

3 small brinjals (purple)	1" piece cinnamon
1½ pav soji	1½ tsps coriander seeds
½ cup ghee	½ tsp cumin seeds
½ cup butter milk	5 red chillies
6 pepper corns	2 green chillies
½" piece turmeric	1 tsp bengal gram dhal
4 cloves	½ tsp mustard seeds
1½ tsps salt	1 tsp oil
1 tsp black gram dhal	

First, fry the following in a little oil: 4 out of the 5 red chillies, cinnamon, coriander, cumin, pepper, cloves and turmeric. Powder them and keep aside. Next, roast soji, in frying pan, till it smells using 2 tsps ghee, and transfer to a plate. Pour the remaining ghee in the pan and prepare seasoning with bits of 1 red chilli, mustard and the two dhals. Then add brinjal pieces, salt and butter milk. Stir. Cook for a while. Add the soji and pour about 4½ cups of boiling water. Add the masala powder and chopped green chillies. Mix well. Simmer on low flame, under cover, till done.

Green Gram Dhal Usli

1 pav green gram dhal	1 sprig curry leaves
4-5 green chillies	½ tsp mustard seeds
1 small piece ginger	3 tbsps coconut gratings
6 tsps oil	salt to taste

Wash green gram dhal thoroughly. Mince ginger. Chop green chillies finely. Prepare seasoning, in frying pan, with mustard and curry leaves in oil. Drop green chilli bits and ginger in it. Pour 2 cups of water. Stir in salt. Bring to boil. Then drop dhal into the pan, and cook on low flame under cover. Open 2-3 times, at intervals, and turn over to prevent sticking to bottom. When dhal is cooked, remove from flame. Garnish with coconut gratings. (Note: If ginger is not used, add a few drops of asafoetida water, after removing from flame.)

Bengal gram dhal usli is also prepared by the same method.

Sandwiches

First, prepare a special chutney as follows:

Grind together a small piece of onion, a clove of garlic, a small piece of ginger, a bunch of pudina (mint) leaves, a few coriander leaves, 8 green chillies and 1 tbsp of coconut gratings, without adding water. Before taking out from grinder, add a bit of jaggery and salt to the chutney and grind for another 2 minutes. Finally, add juice of ½ lime.

To prepare the sandwiches open the sandwich mould. Smear it with ghee. Place 2 slices (preferably machine cut) of bread in it, one over the other, with a small quantity of the above chutney in between, and close the mould. Hold it over a medium flame and roast the sandwiches moderately, on both sides. See that the slices do not get charred by over-roasting. (Note: Potato bhaji can be used, in place of chutney, if desired.)

Bombay Toast

15 slices of bread	2 tsps (or more) sugar
½ cup milk	ghee for roasting

Boil and cool milk. Stir in sugar. Spill some sugared milk on a plate. Slightly moisten each bread slice by gently rolling it over the milk. Smear dosa pan or tawa with ghee. Place on medium flame. Mildly roast bread slices on it, 2-3 at a time. Serve when warm.

Bread Rolls

10 slices of bread (machine cut)
4 potatoes
6 green chillies
1 tsp coriander powder
a few coriander leaves
¼ lime
1 tsp table salt
asafoetida water
oil/ghee for frying

Separate the soft portion of the bread slice from the crust and keep aside. Boil potato in water. Peel. Cut into small cubes. Mix together chopped green chillies, powdered coriander, chopped coriander leaves, salt, asafoetida water and juice of lime. Mash potato with the mixture, and prepare a dough, as for *alu bonda*. Moisten the soft bread slices with water, one by one. Then remove moisture by pressing it gently. Place a pellet of dough on each slice. Make the roll by folding the slice and sealing the edge with fingers. Deep fry the rolls in hot oil, till golden brown.

Bakala Bhath

2 cups beaten rice
3 cups curds
¼ tsp salt
1 green chilli
1 small piece ginger
For seasoning: 1 red chilli,
  1 pinch mustard,
  1 tsp ghee

Mix together curds and beaten rice. Add crushed ginger, minced green chilli and salt to taste. Mix well and season with the ingredients noted above. Tender cucumber gratings can be added, if desired. (Note: Boil, peel and crush one potato and mix it with the bhath, if necessary.)

Beaten Rice Pachadi

1 pav beaten rice
1 big piece jaggery
2 tsps coriander seeds
1 tsp salt (grains)
1 tsp cumin seeds
2-3 green chillies
3 tsps oil
½ tsp mustard seeds
3-4 curry leaves
1 cup coconut gratings

First, crush together green chillies and salt in a wooden bowl. Add coriander, cumin and jaggery. Crush again. Mix coconut gratings and crush a little more. Mix beaten rice and season with mustard and curry leaves in oil.

Beaten Rice Usli

2 pav beaten rice (thin)
4-5 green chillies
2 tsps sugar
¾ tsp table salt
1 tsp black gram dhal
½ cup coconut gratings
6 tsps ghee/oil
½ tsp mustard seeds
1 sprig curry leaves

Wash beaten rice in water. Quickly squeeze out the water. If lumps are formed, gently break them. Mix sugar with salt, and keep aside. Heat ghee (or oil plus ghee) in frying pan. Add mustard. When it splutters, drop split green chillies, black gram dhal and curry leaves in the seasoning. Stir. Then add the washed beaten rice along with sugar – salt mixture. Turn over well. Cook on a low flame, under cover, for 5 minutes. (Note: Open once or twice and turn over, to prevent sticking to bottom.) Remove from flame. Garnish with coconut gratings.

Batat phov is also prepared by the above method. However, while adding beaten rice to the seasoning add a pinch of turmeric powder, chopped onion and small cubes of 2 boiled and peeled potatoes also. Further, add chopped coriander leaves (in addition to coconut gratings) after removing from flame.

Beaten Rice Chutney

1 pav beaten rice
1 cup coconut gratings
2 green chillies
2 tsps coriander seeds
2 roasted red chillies
1 tsp cumin seeds
3 tsps oil
1 small piece turmeric
tamarind lump (big bengal gram size)
½ tsp mustard seeds
1 piece jaggery (lime size)
3-4 curry leaves
salt to taste

Wipe grinder dry. Grind together coconut gratings, roasted red chillies and tamarind for a few minutes, without adding water. Add green chillies, cumin and coriander, and grind a little more. Add jaggery and salt, and continue grinding for a few minutes. Transfer the ground chutney to a vessel. Mix beaten rice with it. Season with mustard and curry leaves in oil. Mix coconut gratings to soften it, if desired. Chopped onion too can be added (optional).

To enhance the taste, prepare seasoning liberally, in frying pan, using mustard and curry leaves in oil, and roast beaten rice with it, till crisp. Then mix the above chutney and chopped onion.

18. Idlis and Idiappam

Idli/Khotte

1 pav black gram dhal	oil for greasing cups
2 pav raw rice or (1 pav boiled rice + 1 pav raw rice)	salt to taste

Soak black gram dhal and the two rices (mixed) separately in water for 3 hours. First, wash the soaked dhal and grind to a fine paste and keep aside in a vessel. Then grind the soaked rice (mixture) to a coarse paste. Mix both the pastes using hands, add salt and keep under cover overnight. Next day, beat the batter well. Grease idli cups (or katoras) with oil, and fill them (about ¾ full) with the idli batter and steam in an idli vessel for 20 minutes. (Note: If raw rice only is used, there is no need to grind it. Instead, wash, air it by spreading on a piece of cloth, powder it coarsely in a mixie and mix that rice rava with the ground black gram paste.)

The same idli batter can be used for preparing *Sannan*. Pour the batter in the container of a pressure cooker (previously greased with oil) about ¾ full and steam for 15-20 minutes as above. Take out and cut it into pieces of desired size, with a spatula.

Khotte is also prepared with the same idli batter, by filling it in cups made by stitching together 4 leaves of jackfruit tree, from edge to edge. No change in rest of the method. Khottes are convenient for carrying on picnics and long distance travels.

Rava Idli

1 pav Bombay soji	4 tsps coconut gratings
½ litre sweet curds (thick)	10-12 cashewnuts
5-6 tsps ghee	1 sprig curry leaves
5 green chillies	½ tsp mustard seeds
1 small piece ginger	salt to taste

Chop ginger and green chillies finely. Prepare seasoning in frying pan with mustard and curry leaves in ghee, and add chopped green chillies to it. Then mix soji and cashewnut bits with the seasoning and roast for a few minutes (till brown) on a low flame. Remove from flame. When cool, transfer the roasted soji to a vessel. Prepare idli mix by adding coconut gratings, curds and a little salt to the soji and keep aside for half an hour. Rest of the method same as for plain idli, except that the idli cups are greased with ghee, instead of oil.

Kanchipuram Idli

- 1 cup black gram dhal
- 1 cup raw rice
- 1 tbsp bengal gram dhal
- 2 tbsps oil
- 8 cashewnuts (quartered)
- 4 green chillies (chopped)
- 2 pinches baking soda
- ½ cup coconut gratings
- 1″ piece ginger (chopped)
- ½ tsp coarse pepper powder
- ¾ cup sour curds
- 1 ¼ tsps salt
- curry leaves (chopped)

Soak rice and black gram dhal together, in water for 2-3 hours. Grind to a fine soji consistency, adding a little water. Allow the batter to ferment for 8 to 10 hours. Half an hour before preparing idlis, soak bengal gram dhal in water. Then add the soaked dhal to the batter. Mix well. Fry chillies, pepper, cumin, cashewnut bits and ginger in a frying pan, using a little oil, and put them into the batter. Add curry leaves, baking soda, salt and curds. Mix well. Rest of the method, same as for rice idli. (Note: If idlis are urgently required, all the ingredients can be mixed well with the idli batter, in the above manner, kept aside for 2 hours and then steamed for 15-20 minutes.)

Horse Gram Idli (Ramnan)

- 1 pav horse gram
- 1 pav black gram dhal
- 1 ½ pav rice
- salt to taste

Soak horse gram and black gram dhal together, in water, for 2 hours. Soak rice separately. Wash all the three. First, grind the horse gram plus black gram dhal to a fine paste and transfer to a vessel. Then grind rice coarsely (i.e. to soji consistency). Mix both the ground pastes, adding salt to taste. There is no need to ferment the batter. Pour it in container of pressure cooker (about ¾ full) previously greased with oil. Steam in an idli vessel for half an hour. Take out. Cut into pieces of desired size and serve.

Horse gram doddak is also prepared with the above batter as follows: Pour 2 tsps of oil in a frying pan (or chapati tawa). Place it on flame. Drop a few mustard seeds. When mustard splutters, spread lightly (2 ladles full) batter on it and roast on a low flame, under cover, for 2-3 minutes. Then open the lid, turn over, apply oil to the other side and roast for a while, till crisp.

Usually, horse gram idli/doddak is served with salted chilli water prepared as follows: Crush together a few green chillies, a small tamarind lump and salt, in a wooden bowl. Add as much water as desired. Strain. Then mix raw oil and a few drops of asafoetida water.

Masala Idli

Batter is the same as for plain idli. Soak 1 tbsp of bengal gram dhal, in water, till soft. Chop an onion and a few green chillies finely. Mix them all with the batter, along with a few drops of asafoetida and a few coriander leaves (chopped). No change in rest of the method.

Vegetable Idli

Batter is the same as for plain idli. Add to it fine carrot gratings, slivered beans, small cubes of skinned potato, shelled peas and chopped onion. Mix well. (Note: If finely chopped green chillies (or a little chilli powder) and minced ginger are also added to the batter, idli will taste better.) Rest of the method same as for plain idli.

Pepper Idli

If the idli batter has turned a bit sourish, add a little powdered pepper and a few drops of asafoetida water to it. Then the taste will improve.

Undi

2 pav rice
1 cup coconut gratings
½ tsp fenugreek seeds
4 tsps oil
½ tsp mustard seeds
1 sprig curry leaves
salt to taste

Soak rice in water for 2 hours. Wash. Grind with coconut gratings a bit coarsely (i.e., to fine soji consistency). Add salt. Transfer the paste to a vessel. Bring to the consistency of batter for plain dosai, by adding enough water used for washing the grinder. Prepare seasoning, in frying pan, with fenugreek, mustard and curry leaves in oil. Drop the ground paste in it and turn over, till it becomes fairly stiff. Remove from flame. Shape balls of the paste, making a small depression in each. Spread a piece of plantain leaf on the perforated sheet of an idli vessel, place the undis on it, side by side, and steam under cover for 15 minutes. Then take out and serve the undis with butter. (Note: Undis can be steamed in a container of pressure cooker, if plantain leaf is not available.)

Idiappam (Rice Semia)

3 pav raw rice
2 cups coconut gratings
a little oil for greasing
salt to taste

Soak raw rice in water for 3 hours. Wash. Choose a slightly tender coconut and remove its outer fibre. Grate. Grind the coconut gratings with rice to a fine paste. Add salt. Transfer the paste to a degchi. (Note: Grease the bottom of the degchi with a little oil before hand.) Dilute the paste with some water used for washing the grinder. Place it on flame. Go on stirring till the paste becomes stiff enough to be shaped into balls. Then remove from flame. Grease the semia mould with a little oil. Shape the balls in oval form, when still warm. Make a small depression in each, with moistened fingers. Spread a plantain leaf on the perforated sheet of an idli vessel. Place the oval-shaped balls vertically on it. Steam, under cover, for 15 minutes (i.e., till the balls are cooked properly). Then open the lid, take out the balls one by one, with a pair of tongs, insert it in semia mould, press the ball and collect the emerging semia on a plate held underneath. Spread a clean wet cloth on a wooden board, and lay the semias on it, without touching each other. When cool, transfer the semias to a basin and keep aside covered with cloth.

Usually semia is served with any one of the following:

1. Sweetened coconut juice (i.e., juice extracted by grinding a cup of coconut gratings, mixed with crushed jaggery, and a little powdered cardamom). 2. Sambar/pickles plus coconut oil. 3. A blend of coconut gratings, sugar (or crushed jaggery), ghee and powdered cardamom.

Semia prepared in the above way with *boiled rice* (without using coconut gratings) can be dried in sun for a few days, and stored for future use.

Semia Usli: Soak wheat/ragi/boiled rice semia (dried) in water till soft. Wash. Take ghee (or a mixture of ghee and oil) in frying pan and prepare seasoning with cumin, mustard, black gram dhal, green chilli slits and curry leaves. Drop semia in it. Add sugar and salt to taste. Turn over. Cook on low flame, under cover, for 5 minutes, then remove from flame. Garnish with coconut gratings and serve. (Note: Open lid once or twice and turn over, while cooking.)

19. Dosai Varieties

Maida Dosai

- 3 cups maida
- 3 green chillies
- 1 tsp table salt
- 2 tbsps coconut gratings
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 4 tsps ghee
- 1 sprig curry leaves
- oil for roasting

Sieve maida. Chop green chillies. Mix coconut gratings, salt and green chillies together in a vessel. Pour 2 cups of water in it, and mix the maida, not allowing to form lumps. Add some water to dilute the batter. Season with cumin, mustard and curry leaves in ghee, using a ladle. Place dosai pan on flame. Smear it with oil. Spread batter thinly on pan, when hot. Roast dosai on both sides. (Note: If 2 tbsps of wheat rava is added to the batter, you get a simple *'rava dosai'*.)

Rava Dosai

- ½ cup maida
- 1 cup Bombay rava
- 1 cup rice flour
- 1 pinch baking powder
- salt to taste
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 8-10 green chillies
- 2 sprigs curry leaves
- ghee

Sieve maida. Mix a cup of water and baking powder with it, and prepare a batter free from lumps. Set aside for 6 hours. Just before preparing dosai, mix together Bombay rava and 4 cups of water, adding salt. Add this mixture to the maida batter and dilute it to the consistency of *'panpolo'* batter by adding a little water. Season with mustard, cumin and chopped green chillies and curry leaves, in ghee. Roast dosai in the same way as 'panpolo' given below.

Panpolo (Neer Dosai)

- 2 pav raw rice
- 1 cup coconut gratings
- oil for roasting
- salt to taste

Soak rice in water for 2-3 hours. Wash. Grind the rice with coconut gratings to a fine paste. Before taking out from grinder, add salt to it. Dilute the batter by adding a little water used for washing the grinder. Smear dosa pan with oil. Place on flame. Spread the batter thinly (when hot), tilting the pan a bit. Roast dosai on one side only. Fold it twice to make 4 folds of quarter circle shape. Serve with chutney, butter or syrup of jaggery.

Sada (Plain) Dosai

1 pav black gram dhal	oil for roasting
2 pav maida	salt to taste

Soak black gram dhal in water for 2 hours. Wash. Grind to a fine paste. Sieve maida. Mix it with a little water at first and then add plenty of water. Keep aside both the batters, under cover, separately overnight. Next day, decant water on top of maida. Mix both the batters together, add salt and beat well. Prepare dosais by spreading the batter-mix thinly on hot dosa pan smeared with oil, roasting on both sides, using oil.

Nei roast (ghee dosai) can also be prepared with the same batter-mix, by roasting dosais (thick or thin) on both sides, till crisp, using ghee in place of oil.

Musti Dosai

2 pav raw rice	1 pav beaten rice
3 tbsps black gram dhal	½ cup coconut gratings
1 tbsp fenugreek seeds	salt to taste

Soak rice, black gram dhal and fenugreek together in water for 2 hours. Wash. Grind them with coconut gratings. When half done, mix beaten rice (previously washed) and continue grinding to a smooth paste. Add salt and keep aside, under cover, overnight. Next day, prepare dosais by spreading batter (one ladleful per dosai) on hot dosa pan smeared with oil, roasting on one side only.

Masal Dosai

1 pav boiled rice	ghee for roasting
1 pav raw rice	salt to taste.
¾ pav black gram dhal	

Soak all the three viz. boiled rice, raw rice and black gram dhal, together in water, for 5-6 hours. Then wash. Grind to a smooth paste. Add salt. Transfer to a vessel and keep aside, under cover, overnight. Next day, while preparing dosai, have the '*potato bhaji*' ready. Spread batter thinly on hot dosa pan smeared with ghee, and roast one side of dosai for a while, under cover. Then open the lid, put a small quantity of bhaji on one half of the dosai and fold the other half over it. Roast for a few minutes more. Then serve with chutney.

Oothappa

1 pav black gram dhal
2 pav raw rice
4 green chillies
salt to taste
4 onions
1 small piece ginger
a few coriander leaves

Soak black gram dhal and raw rice separately, in water for 2-3 hours. Wash. First, grind black gram dhal to a fine paste and transfer to a vessel. Then grind raw rice a bit coarsely. Add salt to it. Mix the rice paste with the gram dhal paste. (The batter-mix should be moderately thick.) Keep it aside, under cover, overnight. Next day, prepare a mixture of green chillies, onion, ginger and coriander leaves – all of them chopped, and keep aside on a plate. Spread the batter-mix thickly and evenly (2 ladlesful) on hot dosa pan smeared with oil, and roast under cover, for a while. Then open the lid, sprinkle some mixture (kept on plate) all over the dosai. Turn it over. Lift dosa from the pan, after the other side is also sufficiently roasted with oil.

Soornali

2 pav raw rice
1 cup coconut gratings
1 pav beaten rice
1 small piece turmeric
½ cup milk
1 tsp fenugreek seeds
salt to taste
oil for roasting
2 tsps butter milk

Soak raw rice and fenugreek together, in water for 2 hours. Wash. Grind with coconut gratings and turmeric. When half done, add beaten rice (previously washed) and grind to a fine paste. Before taking out, add salt and grind for a while. Transfer the batter to a vessel. Pour milk and butter milk over it and keep aside, under cover, overnight. Next day, dilute the batter a little with water, if necessary. Spread the batter evenly (one ladleful) on hot dosa pan smeared with oil, and roast under cover, one side only, and then lift it from the pan. (Note: If a cup of butter milk is added while grinding itself, there is no need to pour milk and butter milk over the batter later.)

Sweet soornali: No change in the method, except crushed jaggery (to taste) is added before taking out the paste, and ground for a while.

Coconut water soornali: Add coconut water (instead of fresh water) while grinding. No need for butter milk. No change in rest of the method.

Cucumber/ash gourd soornali: Add pieces of half cucumber/ash gourd core (seeds removed) while grinding, and follow the same method as above.

Palappam

4 cups raw rice	1 ½ tbsps curds
2 cups cooked rice	1 tsp sugar
3 cups coconut gratings	salt to taste

Soak raw rice in water for 6 hours. Wash. Grind with cooked rice and coconut gratings to a fine paste. Dissolve sugar in lukewarm water, add curds and keep aside for half an hour. Then mix the water with the ground paste. Keep aside under cover, for 6-8 hours. Stir in salt and sugar to taste. Rest of the method, same as for 'soornali'. (Note: By adding a little more water to the above batter, the appam can be made softer and tastier.)

Methi Dosai

1 cup raw rice	½ tsp pepper corns
2 cups boiled rice	⅛ tsp turmeric powder
1 cup black gram dhal	salt to taste
3 tsps fenugreek seeds	

Soak rice in water for 6 to 7 hours. Soak black gram dhal and fenugreek seeds together in water, separately for the same time. First, grind dhal plus fenugreek to a smooth paste. Then grind rice smoothly. Mix both the pastes. Add pepper corns and grind till they break. Remove the batter from grinder. Stir in salt and turmeric powder, and keep aside for 4-5 hours. Rest of the method, same as for '*plain dosai*'. (Note: The same batter can be used for preparing '*masal dosai*'.)

Green Gram Dosai

1 pav green gram	1 small piece ginger
1 pav black gram dhal	oil for roasting
4 green chillies	salt to taste

Soak green gram and black gram dhal together, in water for 2-3 hours. Wash. Grind to a smooth paste, adding sufficient water. Stir in salt. Transfer the batter to a vessel. Mix chopped green chillies and minced ginger. Beat well. There is no need to ferment the batter. Spread on a hot dosa pan, smeared with oil. Roast both sides, and serve (with chutney) when hot. Let the dosais be small.

Pesarat Dosai

- 1½ cups green gram dhal
- ½ cup raw rice
- 6-8 green chillies
- 1" long ginger (chopped)
- oil for roasting
- optional: chopped curry leaves/coriander leaves
- 2 onions (medium size)
- 2 tbsps sour curds
- salt to taste

Soak dhal plus rice in water, for 6 to 7 hours. Then grind with green chillies, ginger and salt to a coarse paste, adding a little water. Keep aside under cover, overnight. Before preparing dosa, add chopped curry and coriander leaves (optional) to the batter and beat well. Heat dosa pan to smoking point. Lower flame, pour 1 tsp of oil and spread a ladleful of batter on pan. Then increase the flame and pour 1 tsp oil round the edge. Roast one side of dosa for a while, turn it over and pour 1 more tsp of oil round the edge of pan and roast the other side also and lift the dosa. (Note: Sprinkle a little water and wipe the pan with a soft, clean wet piece of cloth, before preparing every dosai.) If there is no time to ferment the batter, add sour curds, chopped coriander, curry leaves and onion to the batter, and follow the above method.

Serve pesarat dosai, when hot, with chutney prepared as follows: Grinding together 1 cup coconut gratings, 2 tomatoes (or 1 cup curds), ½" ginger piece, 3-4 garlic cloves, 1 tsp sugar, 3-4 green chillies, coriander/curry leaves and salt, and seasoning with mustard seeds in oil.

Adai (Dhal-Mix Dosai)

- 1½ cups raw rice
- 2 cups each of thur, bengal gram and black gram dhals
- ¼ tsp asafoetida
- 1" ginger piece
- 5 green chillies
- 1 cup coconut gratings or 2 onions (chopped)
- coriander leaves and curry leaves (both chopped)
- oil for roasting
- 5 red chillies

Soak rice in hot water and dhals in cold water for 2 hours. Grind together red and green chillies with ginger. Grind the rice and dhals coarsely. Mix the ground ingredients, and add coconut gratings (or chopped onion), salt and chopped coriander and curry leaves. Beat the batter well. Adai can be prepared immediately or after fermenting it for 6-8 hours. Heat dosa pan, pour 1 tsp of oil in the centre, spread it over and spread a ladleful of batter on pan, and roast under cover, on low flame, for a while. Then open the lid, turn over the dosa, make a slit in centre, drop ½ tsp oil in it and ½ tsp around the edge. Roast for another few minutes, lift the adai and serve with butter, syrup of jaggery or coconut chutney. (Note: For extra crispness, roast the first side again for a while, before lifting adai. Wipe the pan with a soft, wet piece of cloth, before preparing every dosa.)

20. Appe, Mudde and Patholi

Appe

1 pav black gram dhal	oil for frying
2 pav raw rice	salt to taste

Soak black gram dhal along with raw rice in water, for 2 hours. Wash. Grind to a smooth paste. Add salt. Keep aside under cover overnight. Next day, beat the batter well and prepare appe on hot 'appe pan' smeared with oil, as follows: Grease each depression with 1 tsp oil. Fill with batter. Fry lightly till brown, turning over 2-3 times with a knife or fork.

The same batter can be used for preparing thick dosai, by spreading it on hot dosa pan, smeared with oil, and roasting both sides like other dosais. If thin dosai is desired, do not grease the pan, but spread the batter first and then apply oil to it.

Sweet Appe

2 pav wheat rava	5-6 cardamom pods
1 pav beaten rice	1 pinch baking soda
2 balls jaggery	1 pinch salt
1 cup coconut gratings	ghee for frying

First, grind beaten rice with coconut gratings. Mix rava and grind to a fine paste. Add a pinch of salt, crushed jaggery and cardamom pods and grind for another few minutes. (Note: No need to skin the pods.) Take out, add baking soda and keep aside for 10 minutes. Fill depressions of the hot 'appe pan' (greased with ghee) with the batter and fry lightly, turning over the appe 2-3 times with knife or fork.

Eriappe

1 pav raw rice	ghee for frying
½ ball jaggery	½ pav beaten rice
½ cup coconut gratings	¼ pav thur dhal
3 cardamom pods	1 pinch salt

Soak raw rice with thur dhal in water for an hour. Wash. Grind with coconut gratings. When half done, add beaten rice (previously washed) and grind to a fine paste. While taking out, add jaggery, a pinch of salt and cardamom pods and grind for a while. Heat ghee in frying pan. Drop the paste gently into hot ghee – one ladleful at a time, and deep fry eriappes till golden brown and crisp.

Dudisannan

1 pav raw rice
1 seer popped rice
1½ balls jaggery
4 cardamom pods
8-10 cashewnuts
2 cups coconut gratings
4 tbsps milk
2 drops butter milk
a few raisins
1 pinch salt

Wash rice. Dry it by spreading on a piece of cloth for sometime. Then powder it in mixie to soji consistency. Grind coconut gratings with cleaned popped rice smoothly. While taking out, add crushed jaggery and a pinch of salt and grind for 1-2 minutes more. Mix rice rava, raisins, powdered cardamom and cashewnut bits with the paste and bring it to the consistency of idli batter. Pour milk and 2 drops of butter milk over it and keep aside overnight, under cover. Next day, beat the batter well and prepare dudisannan by filling idli cups (previously greased) and steaming in the same way as idlis.

Sweet Idli

1 pav (heaped) rice
1 cup coconut gratings
1 ball jaggery
1 pav (heaped) beaten rice
½ tsp table salt
3 cardamom pods
7-8 cashewnuts
a few raisins
1 cup butter milk
ghee/oil for greasing

Grind beaten rice with coconut gratings and butter milk smoothly. Add crushed jaggery and cardamom and grind for another few minutes. Transfer to a vessel. Wash rice and grind it a bit coarsely (soji consistency). Mix with the paste kept aside, along with cashewnut bits, raisins and salt. Keep aside for about 4 hours. Then prepare idlis by steam in the same way as plain idlis.

Cucumber Mudde

1 cucumber (medium size)
1 pav raw rice
½ cup coconut gratings
4 green chillies
salt to taste
1 small piece ginger
1 small piece jaggery

Skin cucumber. Wash. Grate. Keep aside the gratings. Chop green chillies finely. Mince ginger. Wash rice. Dry it by spreading on a piece of cloth. Then powder it in mixie to fine soji consistency. Squeeze out water from cucumber gratings and add salt, jaggery, chopped green chillies and minced ginger to them. Grind coconut gratings, using the squeezed out water. Mix well all the three together viz. rice rava, cucumber gratings and ground coconut gratings. Fill greased idli cups with this blend and steam in an idli vessel under cover, till cooked. (Note: Steaming can be done by pouring the blend in a pressure cooker container, instead of idli cups. If rice cannot be powdered separately, it can be ground coarsely with coconut gratings.)

Sweet mudde can also be prepared by the same method, the only difference being there is no need for adding ginger and green chillies (chopped) to the blend. Instead, add a pinch of salt and ½ ball jaggery (crushed).

Paan Patholi

1 pav raw rice
1 pav popped rice
2 cups coconut gratings
2 cardamom pods
1 pinch salt
1 big ball jaggery
1 handful powdered popped rice
50 leaves of turmeric

Soak raw rice in water for an hour. Wash. Grind with 2 tbsps of coconut gratings, for a few minutes, till fairly smooth. Add popped rice and grind to a fine paste. While taking out, add a pinch of salt and a small piece of jaggery, and grind for another 2 minutes. Prepare a blend of crushed jaggery, coconut gratings and powdered popped rice. Spread about 2 tsps of the ground paste on each turmeric leaf thinly. Place a small quantity of the blend on the paste. Fold the leaf lengthwise. Finish thus with all the paste and blend. Place the patholis, side by side, on the perforated sheet of idli vessel. Steam, under cover, till cooked. Remove from flame. Take out the patholis and separate them from leaves, when cool. Serve with ghee or honey. (Note: If turmeric leaves are not available (or not desired) plantain leaf pieces can be used instead.)

21. Bhakri, Roti and Cutlets

Rava Bhakri

- 1 pav rava
- ½ pav wheat flour
- ½ cup coconut gratings
- 3 tsps sugar
- 3 green chillies
- ¼ cup butter milk
- 1 tsp table salt
- ghee for roasting

Use soft and fresh coconut gratings only. Chop green chillies. Prepare a soft dough by mixing together sugar, salt, chopped green chillies, pouring about 2 cups of water and adding rava plus wheat flour. (Add chopped onion, ginger and curry leaves also, if desired.) Wheat flour is not necessary, if the rava is of fine variety. Smear dosa pan with ghee. Place on medium flame. When hot, drop about a ladleful of dough on it, and flatten it with fingers to shape bhakri. Roast both sides with a little ghee, till light brown. Lift and serve.

Rice Roti

- 2 cups rice flour
- 1 tsp sugar
- 1 tsp table salt
- 1 tsp ghee
- 1½ cups water

Heat about 1½ cups of water in a degchi, adding sugar and salt to it. Bring to boil. Mix rice flour and stir well for 2 minutes (i.e. till water evaporates and the flour is properly cooked). Remove from flame. Sprinkle some rice flour on a wooden board. Drop the cooked flour on it. Knead well. Shape portions of the dough into big balls and roll them into rotis (like chapatis). Roast the rotis on hot tawa, which is not greased. Apply ghee to the roti, while serving or serve it with any curry. (Note: *wheat/jowar roti* is also prepared by the same method.)

Cutlets

- 1 beetroot
- ¼ pav shelled green peas
- 5 green chillies
- ½ pav rava (of rice or wheat)
- 1 tsp bengal gram dhal
- 1 tsp black gram dhal
- 4 potatoes
- 1 red chilli
- ½ tsp mustard seeds
- 2 garlic cloves
- 4 tsps oil
- ghee for roasting
- salt to taste

Wash potato. Boil. Peel and keep aside. Boil peas separately, till tender. Scrape off the beetroot skin. Wash and grate. Keep aside the gratings. Prepare seasoning in frying pan with red chillies, bengal gram dhal and black gram dhal in oil. Add beetroot gratings, chopped green chillies, boiled peas, garlic cloves (peeled and crushed) to the seasoning and cook for sometime. Remove from flame. Mash potato in it, add salt and prepare the cutlet blend. Shape portions of the blend into slightly elongated balls, flatten by pressing with fingers. Dust with rava. Roast both sides of the cutlets on a hot dosa pan, smeared with ghee, 4-5 at a time.

Cucumber Doddak

1 small cucumber (tender or coloured)
1 ½ pav rice rava
½ pav wheat flour
6 green chillies
4 tsps sugar
1 small piece ginger
1 sprig curry leaves
salt to taste
3 tbsps coconut gratings

Skin cucumber. Discard its soft core. Grate on vegetable grater. Mix rice rava, wheat flour, coconut gratings, chopped green chillies, ginger and curry leaves, sugar and salt with the cucumber gratings. Prepare dough as for 'bhakri' adding a little water, if necessary. Place dosa pan smeared with oil, on flame. Flatten portions of dough on the pan into 'doddaks' using fingers. Roast both sides in the same way as 'rava bhakri'.

Thousali

1 tender cucumber (medium size)
1 pav raw rice
salt to taste
oil for roasting
½ cup coconut gratings

Skin cucumber. Wash. Grate and keep aside. Soak rice in water for an hour. Then wash. Squeeze out water from the gratings. Grind coconut gratings with rice to a fine paste, using that water. While taking out add salt to the paste and grind for a while, and transfer to a vessel. Mix cucumber gratings with it, add a little water and bring to dosai batter consistency. Rest of the method, same as for plain dosai. (Note: If *sweet thousali* is desired, mix thinly cut jaggery (one ball) and a pinch of salt to the paste, while grinding.)

22. Puri, Chapati and Side Dishes

Puri

wheat flour	oil/ghee for frying
2 tsps sugar	asafoetida water
10-12 pepper corns (or 2-3 green chillies)	salt to taste

Prepare dough for puri by adding together 1 tsp table salt, ½ cup of water, sufficient quantity of wheat flour and 1 tsp ghee. (Note: 2 tsps of sugar can be added, if desired. Powdered pepper (or crushed green chillies) can be added, according to taste, with a few drops of asafoetida water. To make the dough softer, a plantain can be mashed in it.) Knead well. Shape portions of the dough into balls of desired size. Dust them with wheat flour. Roll into puris on a wooden board. Deep fry them in hot oil/ghee, in a frying pan.

Biscuit Puri

4 cups maida	6 green chillies
3 tbsps bengal gram flour	1 small piece ginger
1 tsp black gram dhal	4 tsps oil
3 tbsps soji	2 sprigs curry leaves
1 cup coconut gratings	salt to taste
6 tsps ghee	asafoetida water
½ tsp mustard seeds	oil for frying
2 red chillies	

Sieve maida. Prepare dough for puris by stirring salt in ½ cup of water and adding ghee and sufficient quantity of maida. Knead well. Chop curry leaves, green chillies and ginger. Prepare a blend of coconut gratings, chopped ingredients, salt and asafoetida water. Season with mustard, black gram dhal, red chillies and curry leaves in oil. Mix rava and bengal gram flour with it and keep aside. Shape small portions of the dough into balls, and roll them into puris. Place a pellet of the dough on each puri and cover it fully by gathering up the edges. Roll again into biscuit puri. Finish thus with all the puris and the blend. Deep fry them in hot oil, till golden brown and crisp.

Chapati

Prepare dough by mixing together ½ cup of hot water, 1 tsp salt, 1 tsp ghee and just enough wheat flour. Knead well. Let the dough be a little softer than that of puri. Keep aside for an hour. Then shape portions of dough into balls bigger than the ones fit for puris. Dust with wheat flour. Roll into chapatis on a rolling board. Smear chapati tawa with ghee. Place on flame. Roast both sides of chapati on the tawa moderately and serve.

Pulka

First, prepare dough, shape the balls and roll them into chapatis, exactly as above. Do not grease the tawa. Roast both sides of chapati slightly on it. Then hold the chapati, with a pair of tongs, directly above glowing embers or gas burner. The chapati puffs up and pulka is ready. Usually raw ghee is applied to pulka before serving it.

Paratha

Prepare dough in the same way as for 'chapati'. Shape portions of the dough into balls of desired size. Roll into chapatis. Put some ghee on each, fold it and roll again. Repeat the process again and you get paratha. Roast paratha in the same way as chapati.

Alu Paratha

- 5 potatoes
- 6 green chillies
- 1 tbsp coconut gratings
- ¼ bunch coriander leaves
- 1 tsp asafoetida water
- salt to taste
- wheat flour

Boil potato in water. Peel and keep aside. Chop coriander leaves and green chillies. Drop coconut gratings in a container. Blend with salt, chopped chilli and coriander leaves and asafoetida water. Mash the boiled potato with the blend. Make pellets of the potato mix and keep aside. Prepare an equal number of 'puris' of desired size with the wheat flour. Place a pellet of the potato mix on each puri. Cover it up fully by gathering up the edge on all sides. Dust the ball with wheat flour and roll into chapati of big size. Roast on hot tawa, smeared with ghee, on both sides moderately. Repeat the process till all the parathas are roasted.

Buns

- 2 pav maida
- 1 tbsp bengal gram flour
- 1 small plantain
- 1 tsp baking soda
- 1 tbsp sugar
- 1 cup butter milk
- 1 tsp table salt
- oil for frying

Sieve maida and bengal gram flour separately and keep aside. Peel plaintain. Mash it with curds, sugar, salt and baking soda in a wooden bowl. First, add bengal gram flour and then enough maida the curds can take. Knead well and make a lump of the dough. Apply 2 tsps of oil to it and keep under cover for 4-5 hours. Then shape portions of the dough into balls of big lime size, flatten them into small thick rounds. Deep fry them in hot oil till golden brown.

The same dough can be used for preparing *bastad rotis.* Just flatten the balls to ¼" thickness, and roast them on dosa pan (which is not greased) on both sides moderately, and serve with thick ''daali (dhal) thoi'' which goes well with them.

Naan

2½ cups maida	½ cup butter milk
¼ cup warm milk	2 tbsps ghee/dalda
1 tbsp poppy seeds	salt to taste
½ tsp baking soda	ghee for roasting

Prepare dough by mixing together maida (previously sieved), warm milk, butter milk, baking soda, salt, dalda, poppy seeds and a little warm water. Keep aside for 3 hours. Then roll portions of the dough like ''parathas'', using ghee. Roast them exactly like parathas, on both sides, applying ghee. Serve with 'kurma'. (Note: To enhance the taste of the kurma, add 1 tsp aniseeds in place of pepper corns.)

Chole Batura

Batura: Prepare dough as for '*naan*', with the only difference viz. using 2 tsps thil seeds, in place of poppy seeds. Roll the dough into puris and deep fry in dalda.

Chole:

¾ cup bengal gram	2 garlic cloves
2 onions	3 cloves
3 green chillies	¼ bunch coriander leaves
1" cinnamon piece	¼ bunch pudina (mint) leaves
3 tomatoes	salt to taste
½ cup butter milk	3 tsps refined oil
1½ tbsps coconut gratings	½ tsp cumin seeds
tamarind lump (bengal gram size)	
1" piece ginger	

Soak bengal gram in water overnight. Next day, pressure cook it. Grind together coconut gratings, 1½ onions, cloves, green chillies, peeled garlic cloves, ginger, coriander and pudina leaves, cinnamon and tamarind to a coarse paste. Pour refined oil into frying pan. Place on flame. Mix cumin and ½ onion (chopped) and stir till brown. Drop the ground masala in it, turn over for a few minutes, add tomato pieces, cook for some more time, add salt, then add butter milk, mix the cooked bengal gram, bring to boil and then remove from flame.

Potato Bhaji

5 potatoes (medium size)
5 green chillies
2 tsps coconut gratings
½ tsp cumin seeds
7-8 tsps oil
1 small piece of lime
4 onions
1 tsp mustard seeds
1 pinch turmeric powder
1 tsp table salt
1 sprig curry leaves

Boil potato. Peel. Cut into small cubes. Cut onion into longish thin pieces. Chop green chillies. Prepare seasoning in frying pan with cumin, mustard, chopped green chillies and curry leaves, in oil. Mix turmeric powder and onion pieces and stir for a while. Before onion turns reddish, add potato pieces and salt. Turn over well. Sprinkle a little water all over. Cook, under cover, for 5 minutes. Remove from flame. Garnish with coconut gratings. Squeeze in juice of lime. Turn over and serve.

Pav Bhaji

4 potatoes
1 cup caulifloweretes
2-3 carrots
1 cup green peas (shelled)
1 tbsp pav bhaji or garam masala powder
1 big tomato
2 big onions
10-12 garlic cloves
a big lump butter
6 small bread rolls (buns)
salt to taste

Boil potatoes in water. Peel. Cut into small cubes. Wash carrots and caulifloweretes, and cut into pieces. Boil them, along with peas, in water and keep aside. Melt butter of marble size in frying pan. Add chopped onion and garlic cloves. Soften them. Add carrot, cauliflower, potato and tomato pieces and saute for 3-4 minutes. Add salt. Mix pav bhaji masala, and cook till water evaporates. Then transfer to a plate. Melt a little butter on a hot tawa. Split a bread roll horizontally (almost splitting into halves). Open the cut surfaces and roast in butter till absorbed. Spread the pav bhaji blend on one surface, close the roll and serve. Finish thus with all the rolls.

Stew

4 potatoes (medium size)
1 cup coconut gratings
4 green chillies
1″ piece ginger
1 big onion
salt to taste

Wash potato. Boil in water. Peel. Cut into small cubes. Grind coconut gratings and extract 1 cup of thick juice. Add a little water to the residue, grind and extract another cup of thin juice. First, mash one fourth potato pieces in the thin juice. Add the three fourths pieces, split green chillies, longish thin onion pieces and chopped ginger. Cook on medium flame. Bring to boil. Add salt. Boil a little more. Remove from flame. Add the thick coconut juice. Stir well. Serve with bread.

Ussal

- 1 pav green peas
- 1 big potato
- 1 tsp coriander seeds
- 5 pepper corns
- 1 tsp poppy seeds
- 2 tbsps coconut gratings
- 1 small piece ginger
- 1 tsp ghee
- salt to taste
- 3 cardamom pods
- 2 cloves
- 1 small piece cinnamon
- 4 green chillies
- 4 red chillies
- 1 onion
- 6 garlic cloves
- 4 tsps oil

Soak green peas (dried) in water overnight. Next day, wash. Skin potato. Cut into small cubes and wash. Cook peas along with potato pieces in water, till tender. Roast coconut gratings, pepper, coriander, cardamom, cloves, cinnamon, green chillies, red chillies, poppy seeds, chopped onion, garlic cloves and chopped ginger – all separately with a little oil, in frying pan. Grind them together to a fine paste. Pour oil in frying pan, drop masala paste in it. Cook for sometime (say, 5 minutes) stirring constantly. Remove from flame. To the cooked potato-cum-peas add salt, mix masala. Boil properly and remove from flame. (Note: Ussal should be moderately thin.) Goes well with idli, puri and chapati.

Kurma

- 2 carrots
- ½ cauliflower
- 1 beetroot
- 4 green chillies
- ½ bunch coriander leaves
- salt to taste
- 1 cup coconut gratings
- 2 cinnamon pieces (1" each)
- 4 garlic cloves
- 6 pepper corns
- 3 tsps oil

Wash carrot, cauliflower and beetroot. Cut into small pieces. Boil in just enough water. Add salt and keep aside. Grind masala using coconut gratings, green chillies (previously roasted with oil), coriander leaves and cinnamon pieces. Before taking out add garlic cloves (peeled) and pepper corns. Grind for another 2 minutes. Mix masala with the cooked vegetables. Boil. Remove from flame. Serve with chapatis.

Sagu

- 3-4 vegetables
- ½ cup coconut gratings
- 4 roasted red chillies
- tamarind lump (bengal gram size)
- salt to taste
- 1 tsp bengal gram dhal
- ½ tsp cumin seeds
- 1 tsp coriander seeds
- For seasoning: oil, mustard seeds and curry leaves

Cut 3-4 vegetables such as carrot, cucumber, cow pea beans (alsande) into small pieces. Wash. Boil in water. (Note: Shelled peas can also be added, if available.) Add salt and keep aside. Grind masala using coconut gratings, roasted red chillies and tamarind. Before taking out, add bengal gram dhal, cumin and coriander seeds (all the three previously roasted with a little oil) and grind for another 2 minutes. Mix masala with the vegetables. Cook. Bring to boil. Remove from flame. Season with mustard and curry leaves in oil. Goes well with puri/chapati.

Alu Matar

1 pav green peas (dry) or
 2 pav shelled peas
2 big potatoes
2 big onions
3 big tomatoes
1″ piece ginger

1 tbsp chilli powder
½ tsp turmeric powder
1 tsp garam masala powder
1 tsp salt
4 tbsps ghee/oil
a few coriander leaves

Grind onions with ginger to a smooth paste. Heat ghee/oil in frying pan, add onion – ginger paste and fry till the raw smell goes. Then add chilli, turmeric and garam masala powders as well as tomato pieces. Cook for 1-2 minutes. Add enough water to make thick gravy. Mix peas and potato pieces. Cook till tender. Then add salt and chopped coriander leaves. Mix well. Bring to boil. Remove from flame. (Note: If dry peas are used, they should be soaked in water for sometime and boiled separately before mixing.)

Matar puneer is prepared by the same method, using fried cheese pieces, in place of potatoes.

Cauliflower Special

½ kg whole cauliflower
6 cloves garlic
1″ piece ginger
2 green chillies
2 red chillies
2 tbsps oil
a bunch of coriander leaves

1 tsp cumin seeds
¼ kg tomatoes
2 onions (medium size)
½ cup curds
1 sprig curry leaves
salt to taste

Remove leaves of cauliflower. Make slits in its stalk with knife. Wash in salt solution. Cook on steam for 5 minutes in pressure cooker without weight. Grind ginger, garlic and chillies to a fine paste. Grate onions. Fry curry leaves and cumin in hot oil. When cumin splutters add grated onion and fry till brown. Add the ground paste and fry for another 2 minutes. Add whole cauliflower, tomato bits and salt. Cook till completely done. Add curds. Allow to simmer for a few minutes. Remove from flame. Garnish with chopped coriander leaves. Serve with chapatis.

23. Bondas and Vadais

Alu Bonda

6 potatoes (medium size)
8 green chillies
4 tsps oil (for seasoning)
2 cups bengal gram flour
1 tsp chilli powder
asafoetida water
2 tbsps coconut gratings
oil for frying
½ tsp mustard seeds
¼ lime
a few coriander leaves
1 sprig curry leaves
salt to taste

Wash potato. Boil in water. Peel. Cut into small cubes. Chop green chillies and curry leaves. Drop them, as well as coconut gratings and salt, in a vessel. Mix potato pieces. Add a few drops of asafoetida water. Mash well. Add juice of lime. Season with mustard and curry leaves in oil. Shape balls of the potato mix (big lime size) and keep aside. Sieve bengal gram flour. Prepare a batter by adding ½ cup of water, salt, chilli powder and asafoetida to the flour. Heat oil in frying pan. Flatten the balls of potato mix, one by one, dip in the batter, take out and drop gently in hot oil, and deep fry 7-8 bondas at a time, till golden brown, turning over once or twice.

Bread Bonda

4 slices (thin) of bread
3 potatoes
6 green chillies
1½ cups bengal gram flour
1 tsp chilli powder
1 tbsp coconut gratings
1 tsp table salt
½ bunch coriander leaves
½ tsp mustard seeds
1 sprig curry leaves
asafoetida water
oil for frying

Boil potato in water. Peel. Cut into small cubes. Blend the pieces with chopped green chillies, salt, chopped coriander leaves, coconut gratings and asafoetida water. Season with mustard and curry leaves in oil. Dip crumbs of bread in water, take them out and remove moisture, pressing with fingers. Mix the crumbs with the potato blend and shape balls of lime size and keep aside. Prepare a batter by adding chilli powder, salt, bengal gram flour and asafoetida to ½ cup of water in a vessel. Heat oil in frying pan. Flatten the prepared balls, dip them in the batter, one by one. Take out and deep fry in hot oil till golden brown (turning over once or twice) 4-5 at a time.

Black Gram Bonda

1 pav black gram dhal	1 sprig curry leaves
12 green chillies	asafoetida water
1 tbsp coconut gratings	1 tsp table salt
oil for frying	

Soak black gram dhal in water for 2 hours. Chop green chillies finely. Drop the soaked dhal in a colander. Let all the water trickle down. Then grind dhal to a fine paste, without adding water. (Note: Just moisten the hands, while grinding.) Transfer paste to a vessel. Mix coconut gratings (or shredded coconut), curry leaves and green chillies (both chopped) and salt. Add a few drops of asafoetida water. Heat oil in frying pan. Shape bondas with moistened hands, drop them gently in oil and deep fry till brown, 7-8 at a time, turning over once or twice. (Note: Chopped onion or ginger can be mixed with the paste, if desired.)

Mangloor Bonda (Goli Baje)

2 pav maida	4 green chillies
2 tbsps bengal gram flour	1 small piece ginger
½ cup butter milk	½ cup water
2 tsps sugar	1 tsp salt
1 tsp baking soda	oil for frying

Sieve maida. Pour butter milk and water in a vessel. Add sugar, salt and baking soda. Mix bengal gram flour with maida and drop the mixture in the vessel. Add chopped green chillies and minced ginger. Mix well and keep aside for an hour. (Note: The mix should be about the same consistency as batter for '*soornali*'.) Heat oil in frying pan. Drop the bonda mix gently (at the rate of 1 tsp per bonda) in hot oil. Deep fry 7-8 bondas at a time till golden brown, turning over once or twice. Serve bondas with khara chutney.

Masal Vadai

1 pav bengal gram dhal	1 tbsp shredded coconut
4 green chillies	2 sprigs curry leaves
2 red chillies	asafoetida water
4 pepper corns	oil for frying
salt to taste	

Soak bengal gram dhal in water for 2 hours. Wash. Drop in a colander. Allow water to trickle down. Chop green chillies and curry leaves. Grind dhal with red chillies coarsely. (Note: The mix should be stiff enough to shape into balls and flatten them.) Add salt and pepper. Grind for another 2 minutes. Transfer to a vessel. Mix chopped green chillies, curry leaves, coconut shreddings and asafoetida. Shape the vadai mix into balls of desired size. Flatten them a bit, one by one. Deep fry in hot oil, till golden brown and crisp, 7 or 8 at a time (turning over once or twice).

Dhal vadai is also prepared by the same method, using ½ pav bengal gram dhal, and dhals of black gram, green gram and thur totalling ½ pav. Usually, chopped onion and coriander leaves are added to that vadai mix.

Maddur Vadai

- 1 pav bengal gram dhal
- 1 small cabbage
- 1 cup coconut gratings
- oil for frying
- 6 onions
- ¼ cup thil seeds
- 6 green chillies
- salt to taste

Soak bengal gram dhal in water for an hour. Wash. Chop cabbage and onions. Grind together dhal, chopped onion and cabbage and coconut gratings coarsely, without adding water. Mix green chilli pieces, thil seeds and salt to taste. Shape the blend into round balls of desired size. Flatten them into thin rounds. Deep fry in oil 5-6 at a time, till golden brown and crisp.

Thayir Vadai (Dahi Vada)

Curds are required at the rate of 1 cup per 4-5 vadais. To the curds add minced ginger, chopped green chillies and salt, according to taste. Soak black gram bondas or masal vadais in it, when cool. Season with mustard and curry leaves in oil. Keep aside and serve after an hour.

If thayir vadais are required immediately, dip the hot masal vadais/black gram bondas in cold water first, take them out in 2 minutes and then drop into curds, previously seasoned as above. (Don't drop bondas/vadais in curds, when they are hot.)

24. Bajes, Pakora and Samosa

Bajes

Prepare common batter for *bajes* as follows:

Sieve bengal gram flour and keep aside. Mix chilli powder, cumin and salt with water. Then mix the sieved flour and add a few drops of asafoetida water. (Note: A pinch of baking soda can also be added to water, if desired.)

Slices of vegetables like brinjal, raw banana, onion, bread fruit, potato or sweet potato are first dipped in the above batter, taken out and then deep fried in hot oil, till golden brown. Capsicum baje is prepared by cutting the vegetable into quarters.

Pakora

2 big onions
1 tsp table salt
½ pav bengal gram flour
½ pav rice flour
3 tsps ghee
1 pinch baking soda
12 green chillies
oil for frying

Chop onions and green chillies. Prepare dough by blending rice flour, bengal gram flour, hot ghee, baking soda and salt with chopped onion and chillies. Shape into pellets, sprinkling a little water on it. Drop the pellets gently in hot oil, with moistened hands and deep fry till brown, turning over once or twice.

Samosa

4 potatoes
1 cup shelled peas
4 cloves
½" piece cinnamon
4 tsps coconut gratings
minced ginger
6 tsps ghee
6 green chillies
1 onion
1 tsp chilli powder
1 pav wheat flour/maida
oil for frying
salt to taste

Boil potato in water. Peel immediately. Mash by pressing in a sev mould, and keep aside. Boil shelled peas in just enough water, till tender. Decant water on top. Crush cloves and cinnamon in a wooden bowl. Add coconut gratings and minced ginger and crush a little more. Mix mashed potato and boiled peas and salt and prepare the potato blend for 'filling'. Heat 4 tbsps of ghee in frying pan. Add mustard. When it splutters add chopped green chillies and chilli powder. Stir a little. Drop the potato blend into the seasoning. Mix well. Remove from flame. Divide the 'filling' into 25 equal portions, and shape them into balls (oval shape of about 2" size) and keep aside. Prepare puri dough by mixing sufficient quantity of maida with ½ cup of water, ½ tsp salt, ½ tsp chilli powder and ghee. Shape 25 balls of the dough, and roll into puris. Place a ball of the potato blend on one half of puri, and enclose it by folding the other half over it and seal the edge using a pastry cutter. Deep fry the samosas in hot oil in frying pan, 7-8 at a time, till golden brown.

Serve samosa with either of the following two special chutneys:

'12 in 1' chutney: Grind together ½ cup coconut gratings, ½ bunch coriander leaves, 3 green chillies, 1 tsp cashewnut bits, 1 tsp raisins, 1 onion, 2 cloves of garlic, 1" piece ginger, 4 pepper corns, 1 tsp cumin seeds and salt to taste. Add juice of ½ lime and mix well.

Green tomato chutney: Roast ½ kg green (unripe) tomato and 6 green chillies with oil. Add 1 tbsp of coconut gratings and salt to taste, and grind to a coarse paste.

Peanut Baje

1 kg peanuts
½ cup bengal gram flour
4 tsps salt
4 tsps chilli powder
asafoetida water
oil for frying

Clean peanuts. Wash. Drop in a colander. Allow water to trickle down. Transfer the nuts to a large bowl. Mix chilli powder, salt, asafoetida water and finally bengal gram flour with them. Deep fry the masala coated nuts in hot oil, handful at a time, turning over now and then, till golden brown and crisp. Store in a container with lid, when cool.

Cashewnut baje is also prepared by the same method.

Lady's Finger Baje

12 lady's fingers
3 green chillies
1 tsp table salt
oil for frying
a few coriander leaves
½ cup bengal gram flour
½ cup bits of peanuts or cashewnuts

Wash lady's fingers. Chop them as well as green chillies and coriander leaves. Sieve bengal gram flour. Mix chopped lady's finger with peanut/cashewnut bits and add salt. Then mix the bengal gram flour and prepare dough stiff enough to shape into balls. Heat oil in frying pan. Drop small lumps of the dough (like vadis) gently into oil with moistened hands. Deep fry a few bajes at a time, till brown.

25. Savouries

Rava Nippat

2 pav Bombay rava
½ pav rice flour
½ cup butter milk
3 onions
oil for frying
2 bunches coriander leaves
25 green chillies
1 lump of butter (lime size)
2 tsps salt

Chop onion, coriander leaves and green chillies finely. Mix the chopped bits with rava, rice flour, butter and salt. Prepare dough adding a little water, if necessary. Shape small portions of the dough into balls of medium size. Flatten them into thin rounds on polythene paper or plantain leaf smeared with oil. Pour oil into frying pan. Heat to smoking point. Deep fry nippats in hot oil till crisp, turning over once or twice.

Rice Nippat

2 pav rice flour
½ pav maida
2 tsps white thil seeds
1 tbsp roasted bengal gram
2 tbsps peanuts
a little asafoetida
oil for frying
2 tsps chilli powder
1 tbsp coconut gratings
10 green chillies
lump of butter (medium orange size)
4 sprigs curry leaves
2 tsps table salt

Roast peanuts and remove skin. Crush along with roasted bengal gram and keep aside. Sieve maida. Prepare dough mixing together rice flour, maida and butter. Knead well, using a little water. Crush together coconut gratings, chopped green chillies and curry leaves. Add a few drops of asafoetida water, salt and thil seeds. To the dough add all the ingredients. Mix well. Shape portions of the dough into balls of gooseberry size. Flatten them with greased palm, on polythene paper or plantain leaf smeared with oil, into thin rounds. Rest of the method, same as for '*rava nippat*'.

Banana/Potato Chips

Dissolve salt in water, and keep aside. Peel bananas (unripe). Heat oil in frying pan. Drop chips briskly, but cautiously, direct from chips-cutter into the hot oil. Turn over now and then till the chips turn yellow. Then pour gently 1 tbsp of salt solution and wait till the resulting noise completely stops. Transfer the fried chips to a colander. Allow oil to trickle down. Store the chips in an airtight container, when cool.

Potato chips: Skin potato. Cut chips briskly, using the chips-cutter. Soak in water (or keep in fridge) for 10-15 minutes. Then transfer to a colander. Allow water to trickle down. Spread the chips on a piece of cloth and dry in sun for 10-15 minutes. Fry the chips in the same way as banana chips, using salt solution. Sprinkle a little chilli powder on chips taken out from the pan, when hot. Store in airtight container, when cool.

Ompudi (Sev)

- ½ kg bengal gram flour
- 2 tsps table salt
- lump of butter (lime size)
- ½ cup water
- 4 tbsps hot oil
- asafoetida water
- oil for frying

Sieve bengal gram flour. Mix table salt, butter and asafoetida water well with it. Prepare soft dough, adding hot oil. Knead well. Shape portions of the dough into big balls, press them in a sev mould, one by one, in rounds direct in oil, kept at smoking point in frying pan. Fry sev for a few minutes till crisp, turning over 2-3 times. Finish thus with all the dough. Store in container, when cool.

Variation: Soak 2 cups of boiled rice in water for 2 hours. Grind to a fine paste. Before taking out add 1 tbsp ajwan and grind for another few minutes. Mix 2 cups of bengal gram flour (sieved), 2 tsps chilli powder, 3 tsps salt and a few drops of asafoetida water with it, and prepare soft dough, adding 1 tbsp ghee. Knead well. No change in rest of the method.

Khara Sev

- ½ kg bengal gram flour
- 2 tsps table salt
- 1 tsp pepper corns
- 1 tsp cumin seeds
- 2 tsps baking soda
- asafoetida water
- 1 tsp chilli powder
- 3 tsps ajwan
- ½ cup hot oil
- ½ cup water
- oil for frying

Crush together cumin, pepper and ajwan to a fine powder. To ½ cup of water add the powder, salt, baking soda, asafoetida water, chilli powder and mix bengal gram flour with it, to prepare a soft dough. Knead well, using hot oil, and keep aside. Rest of the method same as for 'sev' with the only difference that pressing is done through a sev mould with bigger perforations.

Thukdi

Biscuit thukdi:

1 seer maida	2 tsps table salt
½ cup ghee	4 tsps sugar
1 pinch baking soda	¼ cup water
oil for frying	

Sieve maida. Mix salt, sugar, baking soda and prepare soft dough, using water. Knead well with hot ghee. Divide dough into small portions. Shape into balls. Dust with maida and roll them like chapatis. Cut into diamond shaped pieces with a thukdi cutter and spread them on a plate. Deep fry, a handful of thukdis at a time, in oil kept at smoking point on a steady flame.

Savoury thukdi:

½ seer wheat flour	6 tbsps ghee
½ seer maida	2 tsps table salt
2 tsps chilli powder (or 1 tsp powdered pepper)	2 tsps sugar
1 pinch ajwan	¾ cup water

Sieve both the flours. Mix them together. Prepare thukdi dough by adding salt, chilli (or pepper) powder, sugar and asafoetida water, using water. Knead well, using hot ghee. Rest of the method same as above.

Kodbala

1 seer raw rice	½ litre milk
4 tsps table salt	½ cup butter
oil for frying	

Wash rice. Spread on a piece of cloth, dry and then powder it finely, in a mixie. Sieve and collect in a vessel. Prepare a fairly stiff dough (as for murku) by adding milk, salt and butter. Knead well. Take small portions of the dough, and roll them like wicks (about 2″ × ¼″ size) on a wooden board, using fingers. Bring both ends together and join to form 'kodbalas'. (Note: Press the ends well together, lest they should open out while frying in oil.) Keep aside the kodbalas on a plate. Deep fry gently in oil, kept at smoking point, on a low flame, 40-50 at a time, turning over now and then, till golden brown and crisp.

Rice Murku

- 1 seer raw rice
- 2 pav black gram dhal
- 4 tsps table salt
- oil for frying
- 1 small piece turmeric
- 1 cup fine coconut gratings
- lump of butter (lime size)
- 2 tbsps thil seeds

Soak rice in water for an hour. Wash. Grind coconut gratings and extract its juice. Roast black gram dhal in frying pan, till brown. Powder it, sieve and keep aside. Grind rice with turmeric and coconut juice to a fine paste. Mix butter, thil seeds, powdered dhal, salt and enough water to make a fairly stiff dough. Knead well. Press portions of the dough through a murku mould, and prepare murkus on a piece of paper in the pattern of 2-3 concentric circles. Heat oil in frying pan to smoking point. Drop murkus gently (6-8 at a time) in oil and deep fry till golden brown and crisp, turning over 2-3 times at intervals.

Thinglad

- 1 seer raw rice
- 2 pav black gram dhal
- 4 tsps table salt
- oil for frying
- 2 tsps cumin seeds
- lump of butter (big lime size)

Method is the same as for *'rice murku'* with the following changes: Coconut juice and turmeric are not required. Substitute 2 tsps of cumin seeds for thil seeds. Add a bigger lump of butter. Use thinglad mould, in place of murku mould.

Maida Murku

- 4 cups maida
- 2 cups black gram dhal
- oil for frying
- 2 tsps salt
- 1 tbsp thil seeds
- lump of butter (small lime size)

Roast black gram dhal in frying pan, till brown. Powder it, sieve and keep aside. Sieve maida. Bundle it in a piece of cloth tying a loose knot. Steam the bundle in an idli vessel for 20 minutes, under cover. Take out and untie it, when cool. Repowder the steamed maida and sieve again. Mix thil seeds (previously washed), butter, salt, powdered black gram dhal and maida, and prepare a fairly stiff dough and knead it well. Rest of the method same as for 'rice murku'.

4-Flour Murku

- 2 cups wheat flour
- 1 cup rice flour
- 1 cup maida
- 1 cup bengal gram flour
- salt to taste
- 1 tsp chilli powder
- 1 tbsp thil seeds
- 1 tsp cumin seeds
- oil for frying

Sieve all the four flours. Mix them together. Bundle the flour mixture in a piece of cloth, tying a loose knot. Place on the perforated sheet of an idli vessel and steam for 20 minutes, under cover. Take out, untie when cool. Powder the steamed mixture. Sieve and collect in a vessel. Prepare fairly stiff dough by adding salt, chilli powder, washed thil, cumin, butter and just enough water. Rest of the method same as for 'rice murku'.

Potato Murku

- 6 potatoes (medium size)
- 1 tsp chilli powder
- lump of butter (big lime size)
- 2 pav maida
- 1 tsp cumin seeds
- salt to taste
- oil for frying

Steam maida (sieved) in the same way as for '*maida murku*' and keep aside. Boil potato in water. Peel. Mash by pressing in sev mould. (Note: Mashing by hand will not make it sufficiently smooth.) First, mix salt, chilli powder, cumin, butter and enough water with the mashed potato. Knead. Then mix maida and prepare a fairly stiff dough. Rest of the method same as for '*rice murku*'.

Chewda

- ½ kg beaten rice (thick type)
- 1 cup copra shreddings
- 1 pav peanuts
- ¼ pav roasted bengal gram
- 4 tsps salt
- 4 tsps chilli powder
- 4 sprigs curry leaves
- 2 tsps mustard seeds
- 15 cashewnuts
- 1 tsp turmeric powder
- ½ tsp asafoetida powder
- oil for frying

Slice copra. Cut into fine shreds. Roast peanuts and skin them. Keep aside cashewnut halves and chopped curry leaves. Mix together salt, chilli, asafoetida and turmeric powders in a bowl. Heat oil in frying pan and fry beaten rice, on medium flame, in 5 or 6 instalments. Transfer to a basin and mix 2 tsps of the above powder mixture with every instalment by tilting the basin to and fro several times. Finish thus with all the fried beaten rice. Prepare seasoning with mustard, chopped curry leaves, copra shreddings, peanuts, cashewnut bits and roasted bengal gram (hurigadale) – all in the same sequence using a little oil left over in the frying pan. Drop the fried beaten rice in the seasoning, and mix thoroughly.

26. Sweets

Churmi Laddu

2 pav wheat flour
2 pav sugar (powdered)
6 tbsps ghee
10 gm raisins
4 cardamom pods

Pour 1 tsp ghee in frying pan. Fry raisins in it a little and keep aside. Pour the remaining ghee into the pan. Roast wheat flour with it, till it smells. Add cardamom powder. Remove from flame. Mix powdered sugar and raisins with the roasted flour. Shape small portions of the mixture into laddus, when cool.

Besan laddu can also be prepared by the above method, using 1 ½ pav wheat flour with ½ pav bengal gram flour, instead of 2 pav wheat flour only.

Sev Laddu

2 pav bengal gram flour
1 seer popped rice powder
½ cup cashewnut bits
1 tsp powdered cardamom
1 cup liquid jaggery
(sticky type)
lump of butter (lime size)
sev (crushed)

Sieve bengal gram flour. Mix butter and a little water with it. Prepare sev by pressing the dough through a sev mould, on hot oil in frying pan. Crush the sev into pieces, when cool. Prepare a mixture of broken sev, cashewnut bits, powdered cardamom and popped rice powder, and keep aside. Add jaggery to a cup of water. Heat, stirring for a few minutes, till thick syrup is formed. Remove from flame. Mix the popped rice-cum-sev mixture with the syrup, and turn over thoroughly. Smear a wooden board with ghee. Drop the blend on it, in instalments. Shape small portions of the blend into laddus of desired size using palm smeared with ghee.

Thil Laddu

½ kg white thil
½ litre liquid jaggery (sticky type)
3 cardamom pods
4 tsps ghee

Wash thil seeds. Air them by spreading on a piece of cloth. Roast, in instalments, in frying pan. Add powdered cardamom to it and keep aside. Add ½ cup of water to jaggery in a vessel. Heat till thick syrup is formed. Remove from flame. Mix thil with the syrup at once. Shape small portions of the blend into laddus of desired size, before it cools, using palm smeared with ghee.

Coconut Burfi

3 cups coconut gratings
3 cups sugar
4 tsps ghee
3 cardamom pods
15 cashewnuts

Grind coconut gratings with cashewnut bits, without adding water. Mix sugar with ½ cup of water in a vessel and heat till syrup is formed that can be drawn into strings. Add the ground mixture to the syrup and turn over constantly till the blend thickens a bit. Then add 2 tsps ghee and continue turning over till it forms a lump. Remove from flame. Flatten the blend on a wooden board, smeared with ghee, evenly to ¾" thickness. Cut into pieces of desired size of square/diamond shape, using a spatula (or dosa lifter), when still warm. Separate the pieces and store in a container, when cool.

Coconut Toffee

1 cup coconut juice (thick)
1 cup milk
¼ cup sugar
4 cardamom pods
2 tsps ghee

Powder cardamom. Extract thick juice by grinding coconut gratings. Mix coconut juice, milk and sugar in a vessel. Heat the mixture, stirring constantly, till the blend thickens, forming a lump. Add cardamom powder (or a little vanilla essence/cocoa) and then remove from flame. Flatten the blend on a thali, smeared with ghee, evenly to about ¾" thickness, using palm (smeared with ghee). Cut into square/diamond shaped pieces of desired size, when warm. Separate the pieces, when completely cooled. Store in a container.

Besan Burfi

2 pav bengal gram flour
4 tbsps fine rava
½ cup milk
1½ pav sugar
10 tbsps ghee
3 cardamom pods

Powder cardamom. Fry bengal gram flour and rava together in ½ cup of ghee, till brown. Add milk and 1.3 cups of water to sugar. Cook till syrup is formed. Mix the flour – rava mixture. Stir constantly till the blend thickens almost forming a lump. Add powdered cardamom. Pour 3 tbsps of ghee and turn over for 5 minutes. Transfer the blend to a wooden board smeared with ghee. Rest of the method same as for other burfis.

Rava Burfi

1 cup fine rava
1 cup sugar
1½ cups milk
½ cup ghee/dalda

Mix all the above ingredients together in a vessel. Cook, stirring constantly, till the blend thickens and a lump is formed. Transfer to a thali smeared with ghee. Flatten it evenly to ¾″ thickness with a spatula. Cut into pieces, when warm. Separate the pieces, when cool. Store in a container.

Peanut Chikki

1 cup peanuts
1 cup sugar
4 tsps ghee

Roast peanuts in a frying pan, skin, crush into tiny bits and keep aside. Smear a wooden board and a rolling pin with ghee. Drop sugar in pan along with 2 tsps of ghee and stir constantly till it melts and turns brownish. Mix the crushed peanuts with the melted sugar and remove from flame. Transfer the blend at once to the wooden board smeared with ghee, and flatten evenly with the greased rolling pin, to about ¾″ thickness. Cut into pieces and lift them up with a spatula (or dosa lifter). Store in a container, when cool.

Ash Gourd Burfi/Halva

1 ash gourd (medium size)
a pinch colouring matter
6 tsps. ghee
3 cardamom pods
sugar

Grate ash gourd on a vegetable grater. Squeeze out water from the gratings and keep aside. Take sugar measuring equal to the gratings. Cook the gratings along with the squeezed out water, till water evaporates almost completely. Then add sugar. Turn over constantly till the blend becomes semi-solid, almost forming a lump. Add 4 tsps of ghee and the colouring matter. Turn over thoroughly, till sugar reappears on the sides of the vessel and the spatula. Transfer the blend to a wooden board smeared with ghee and flatten it evenly with the spatula. Cut into pieces, when warm. Separate them, when cool. Store in a container.

Ash gourd/bottle gourd halva is also prepared by the above method with the only difference viz. a little less sugar (about ¾) and a little more ghee (about 1.3 cups) are used. Turn over till the blend becomes semi-solid and gives off the absorbed ghee to the sides of the vessel. For bottle gourd halva, even jaggery can be used instead of sugar.

Cashewnut Burfi

1 cup powdered cashewnut	½ cup ghee
1 cup sugar	1 cup bengal gram flour
3 cardamom pods	

Powder cashewnuts. Sieve bengal gram flour, roast for a while with a little ghee and keep aside. Add 3 tbsps of water to sugar. Cook till syrup is formed that can be drawn into strings. Mix the flour and cashewnut powder with the syrup and turn over thoroughly. Transfer the blend, before it thickens, to a wooden board smeared with ghee and flatten evenly with a spatula to about ¾" thickness. Cut into pieces when warm. Separate them, when cool. Store in a container.

Alternatively, grind a cup of cashewnut bits with ½ cup of milk to a fine paste. Mix sugar of equal measure. Cook on medium flame, adding 4 tsps of ghee and turning over till the blend thickens slightly. Lastly, add powdered cardamom. No change in rest of the method.

Sheera

1 cup medium rava	3 cardamom pods
1 cup sugar	1 pinch saffron
½ cup ghee	a few raisins

Boil about 2 cups of water in a vessel and keep aside. Roast rava with ghee, in a frying pan. Add the boiling water and turn over till the rava becomes soft. Add sugar and raisins. Continue turning over for another few minutes, adding saffron stirred in a little milk. Mix cardamom powder and remove from flame. (Note: Use kesari powder, if saffron is not available.)

Carrot Halva

¼ kg carrot	½ tsp powdered cardamom
1 cup milk	½ cup ghee
¾ cup sugar	

Scrape off the skin of carrot. Cut into small slices. Boil in milk till soft. Grind smoothly. Add sugar and cook on medium flame, turning over constantly. When lump is almost formed, add sugar and turn over for another few minutes. When ghee reappears on sides of the vessel, mix cardamom powder and transfer the halva to a greased thali. Rest of the method same as for *rava burfi*.

Wheat Halva

1 pav wheat	½ tsp powdered cardamom
2 pav sugar	a little saffron
1¼ cups ghee	¼ lime

Soak wheat in water for 24 hours. Wash. Grind to a smooth paste. Strain through a piece of thin cloth, along with some water used for washing the grinder. Repeat the process 2-3 times, using more water. Then throw away the husk and waxy portion. Allow liquid to stand overnight, under cover. Next day, decant the water on top and discard it. To the settled flour add fresh water and make it up to 5 cups. To the sugar add 1 cup of water and cook till syrup is almost formed. Add the processed wheat flour to the syrup, along with juice of lime and saffron stirred in a little water. Cook on low flame, stirring constantly till it turns semi-solid. Add ghee. Continue turning over for a few minutes, till the absorbed ghee is given off and the blend becomes elastic. Add powdered cardamom. Transfer the blend to a thali smeared with ghee. Flatten evenly to about ¾" thickness, with a spatula. Cut into pieces of desired size, when cool. (Note: Before transferring to thali, drop a sample of the blend on a plate, and make sure that it does not stick, when pressed between finger and thumb. If it does, turn over the blend for some more time.)

Banana Halva

6 big bananas (nendrapazham)	12 tbsps ghee
2 pav sugar	4 cardamom pods

Peel banana. Cut thinly. Cook along with sugar, turning over constantly, till the blend becomes semi-solid. Mix ghee. As soon as lump is formed and the blend gives off the absorbed ghee, test a sample (as in the case of 'wheat halva') to make sure that it does not stick when pressed between finger and thumb. Then add powdered cardamom. Transfer the halva to a thali smeared with ghee, and flatten it with a spatula. Cut into pieces after an hour.

Plantain halva can be prepared with ordinary plantains as follows: Peel 10-12 plantains. Grind in mixie. Prepare a thick syrup with 4 tbsps of sugar mixed with ¾ ball of jaggery (crushed) and 4 tbsps of water, turning over for sometime. Mix the plantain paste with the syrup. Turn over constantly till lump is formed. Add ghee and powdered cardamom. Turn over thoroughly till ghee reappears on the sides of the vessel. Rest of the method same as for wheat halva.

Phenori

1 pav maida	1 pinch salt
½ cup butter	½ pav sugar
1 cup ghee	

Sieve maida. Prepare dough as for *'puri'* by mixing butter, a little water and salt with maida and kneading it. Shape small portions of the dough into balls and roll them into thin puris. Smear one side of each puri with ghee. Pile 5-6 of them one over the other (not fully overlapping, but leaving a small margin round the edge between 2 consecutive puris). Roll the pile in cylindrical form. Cut the roll crosswise into slices ½" thick. Place cut surface of slice up and roll again into phenori. (No need to dust the slice with flour.) Deep fry the phenoris in ghee on a low flame. Prepare syrup, by adding ¾ cup of water to sugar, that can be drawn into strings. Remove from flame. Coat the fried phenories with sugar, one by one, by dipping in the syrup and taking it out. Place the phenoris on a thali smeared with ghee, in a single layer, till the syrup sets. Then store in an airtight container.

Malpuri

¼ cup fine rava	½ tsp powdered cardamom
1½ cups maida	1 pinch colouring matter
1 cup sugar	oil for frying
1 cup butter milk	

Sieve maida. Prepare batter by mixing together sugar, colouring matter and butter milk, then adding fine rava and maida to it. Keep aside for 3 hours. (Note: Let the batter be a little thicker than the one for 'plain dosai'.) Add cardamom powder just before preparing malpuri. Pour ghee in 'malpuri pan', and heat to smoking point. Drop the batter, 1 tsp full at a time, gently in ghee. Fry both sides till golden brown, turning over 2-3 times. Take out and remove excess ghee from malpuri by pressing it between 2 spatulas. Transfer to a plate. Finish thus with all the batter. Serve malpuris when cold and firm.

Mysore Paak

1 cup bengal gram flour	2½ cups ghee
1 cup sugar	½ tsp cardamom powder

Heat half the quantity of ghee in a vessel. Roast bengal gram flour (previously sieved) for 2-3 minutes with it. In another vessel add a cup of water to sugar and cook till a sticky syrup (i.e. before it becomes stringy) is formed. Mix the roasted flour with it and stir constantly. In the meanwhile, hot ghee should be ready in another vessel, placed on flame. While stirring the besan (bengal gram flour) mixture with the right hand constantly, add heated ghee in a stream with the left hand. (Note: It is better if 2 persons do this.) When the paak is ready, the blend turns light brown and becomes porous and spongy (like a bread slice), sprinkle cardamom powder over the blend, turn it over and quickly transfer to a thali. The paak sets within a minute. Cut into pieces with a sharp knife at once.

Dood Peda

1 litre milk
¾ cup sugar
4 cardamom pods
ghee for greasing thali

Heat milk on medium flame. Bring to boil. Then stir constantly till it becomes semi-solid (or khova is formed). Mix sugar. Lower the flame. Continue stirring till the mixture thickens and leaves the sides of the vessel. Drop a sample of the mixture on a plate, and press between finger and thumb, when cool. If it does not stick, remove from flame. Add cardamom powder. Mix well. Take small portions on the palm and shape into round balls. Flatten a bit. Lay them on a plate smeared with ghee. Store in a container, when cool.

Gulab Jamoon

1 litre milk
¾ cup sugar
2-3 tsps maida
2 tbsps rose water
1 cup water
1 pinch saffron
1 pinch baking soda
ghee for frying

Boil milk in a vessel, on medium flame. Then stir constantly, till it becomes semi-solid (or khova is formed). Add maida and continue stirring for another few minutes. Remove from flame. Knead the dough. Take a small portion of the dough on palm. Shape into the form of a little finger. Finish thus with all the dough. Keep the jamoons aside on a plate. Add water to sugar. Heat till the syrup becomes sticky (but not stringy) and add saffron (stirred in a little rose water) and the remaining rose water. Mix well. Remove from flame. Fry the jamoons, 3-4 at a time, in hot ghee on a low flame, till golden brown, turning over gently. Drop the fried jamoons in warm syrup. Transfer to a vessel, when cool. Keep aside under cover for sometime. Serve each jamoon with a little syrup.

Saat

3 pav maida	1¼ cups ghee (for kneading)
2¼ pav sugar	1¾ cups ghee/dalda
10 cardamom pods	

Skin cardamom pods. No need to powder them. Heat the ghee required for kneading. Mix cardamom and warm ghee with maida and prepare dough as for puri, adding a little water. Roll portions of the dough into round balls of lime size, flatten them a bit and fry in ghee/dalda, in frying pan, on a low flame. Add a little water to sugar and heat till syrup is formed, that can be drawn into strings. Stir till the syrup thickens. Dip the fried saats in it, one by one. Take out and place on a thali greased with ghee. Allow sufficient time to cool and the syrup to set. Then store in a container.

Jilebi

2 pav maida	2 pav sugar
½ cup thick butter milk	½ lime
2 pinches saffron/colouring matter	

Add thick butter milk to 1 pav maida on the previous evening. (Note: A little water can be added, if necessary.) Prepare batter of same consistency as for 'plain dosa', and keep aside. Next day (i.e. at the time of preparing jilebis) mix the remaining maida and 1 tsp of ghee with the batter and beat well. Add water to sugar in a vessel. Place on flame. When syrup is formed add juice of lime and saffron/colouring matter and continue heating till syrup becomes stringy. Remove from flame. Heat ghee in frying pan to smoking point. Punch a hole in the centre of a so-called 'female half' of a coconut shell. Pour batter in it. Holding it over hot ghee, drop the batter through the hole, in hot ghee in the pattern of 2-3 concentric circles, ending up with a crosswise movement. Fry jilebis till crisp, 3-4 at a time. Dip them in the sugar syrup and take out, before serving.

27. Curry Powders and Dry Chutneys

Sambar Powder

- 1½ seers red chillies
- 2 pav coriander seeds
- 2 handfuls cumin seeds
- 1 handful mustard seeds
- 1 handful (heaped) pepper corns
- 5 turmeric roots
- 1 tsp oil
- 1 handful fenugreek seeds
- 1 pav bengal gram dhal
- 1 pav thur dhal
- ½ pav black gram dhal
- 1 packet asafoetida (10 gm)
- 3-4 cinnamon pieces

Fry asafoetida in a little oil. Roast red chillies with the remaining oil. Roast rest of the ingredients separately, in the same frying pan. Powder all the ingredients separately in mixie. Mix all the powders and store in a dry bottle.

Garam Masala Powder

- ½ pav coriander seeds
- 1 pav red chillies
- 1½" piece turmeric
- 6 cinnamon pieces
- 30 cloves
- 2 tsps poppy seeds
- 4 tsps thil seeds
- 1 tsp fenugreek seeds
- 2 tsps cumin seeds
- 2 tsps pepper corns

Roast all the ingredients separately in frying pan. Powder them separately in mixie. Mix the powders and store in an airtight container.

Madras Rasam Powder

- 1 pav thur dhal
- 1 pav coriander seeds
- 1 pav cumin seeds
- ½ pav pepper corns
- 2 tsps fenugreek seeds

Roast all the ingredients separately in frying pan till brown. Powder them separately in mixie. Mix all the powders well and store in dry bottle.

Mysore Rasam Powder

1 pav coriander seeds
1 pav red chillies
5 sprigs curry leaves
2 tsps (heaped) fenugreek seeds
1 tsp (heaped) mustard seeds
1 tsp (heaped) cumin seeds
1 tsp (heaped) pepper corns

Roast all the ingredients separately in frying pan, till brown. Powder them separately in mixie. Mix all the powders well. Store in dry bottle.

Huli Powder

100 gms red chillies (long variety)
½ pav coriander seeds
2 handfuls black gram dhal
25 gms cumin seeds
2 tsps fenugreek seeds
a little oil

Roast all the ingredients separately with a little oil. Powder them separately in mixie. Mix the powders well. Store in dry bottle.

Curry Leaves Chutney

20-25 sprigs curry leaves
1 copra
25 red chillies
1½ tsps ghee
tamarind lump (big marble size)
1 pav bengal gram dhal
1 handful salt (grains)
asafoetida (bengal gram size)

Wash curry leaves and wipe them dry with a piece of cloth. Grate copra and keep aside. Roast curry leaves and red chillies separately, in frying pan. Roast bengal gram dhal till brown and powder in mixie. Fry asafoetida in ghee and then roast copra gratings with the remaining ghee. Chop tamarind finely. Drop red chillies, curry leaves, copra gratings, asafoetida, salt and tamarind – all in the same sequence in mixie. Powder them. Finally mix powdered bengal gram dhal with it and store in bottle.

Garlic Chutney (Dry)

1 copra
2-3 garlic pods
tamarind pulp (marble size)
25 red chillies
2 tsps ghee
1½ tbsps cooking salt
(grains)

Grate copra and keep aside. Peel garlic cloves. Chop tamarind lump finely. Take ghee in frying pan. First roast garlic cloves, then copra gratings and lastly red chillies with the ghee. Powder the red chillies first, then garlic cloves, salt, chopped tamarind and copra gratings together in mixie. Mix all the powders well and store in a dry bottle.

Molaga Podi

1 pav red chillies
1 handful cooking salt (grains)
½ pav bengal gram dhal
½ pav black gram dhal
3 gms asafoetida
oil for roasting

Pour a little oil in frying pan and fry asafoetida in it. Then roast bengal gram dhal, black gram dhal and red chillies separately, with oil and keep aside. First powder red chillies in mixie. Then add both the gram dhals and asafoetida. Powder as finely as possible. Lastly, add salt and powder it. Store in dry bottle.

Parpu Podi

¼ pav each of bengal gram
green gram and thur dhals
⅛ pav black gram dhal
15 red chillies
1 tsp fenugreek seeds
2½ tsps salt
2 tsps cumin seeds
1¼ tsp pepper corns
2 pieces (each 1½")
turmeric
1 piece asafoetida
(bean size)

Roast all the ingredients separately till brown. Powder them together. Stir well. Fill in a dry container. Serve with rice along with a little ghee.

28. Pickles

Lime Pickles

- 15 limes (medium size)
- 1 pav cooking salt (grains)
- 4 tbsps oil
- 1 small piece turmeric
- 1½ pav red chillies
- ¼ pav mustard seeds
- 2 tsps fenugreek seeds
- 1 small piece asafoetida

Wipe limes dry with a clean cloth. Roast with a little oil, in frying pan, till change of colour. (Note: This will quicken absorption of salt by lime.) Cut into small pieces. Roast salt, chillies, mustard, fenugreek, asafoetida and turmeric. Powder them. Mix the powders with the lime pieces. Heat oil, and add to lime mixture, when cool. Turn over thoroughly and store in a dry jar. (Note: Powder salt and chillies separately, while preparing the lime mixture. All the ingredients, except salt, can be dried in sun for 2-3 days, instead of roasting.)

Similar pickles can be prepared, using cut green mangoes, in place of lime pieces. No need to roast the mango pieces.

Salted Lime: Wipe 25 limes (medium size) dry with a clean cloth. Make 4 slits in each lime lengthwise with knife and keep aside. Add 1½ cups of water to 1½ pav cooking salt (grains). Heat and bring to boil. Remove from flame. Soak limes in the salt solution, when still warm. Store in an airtight jar.

Awakkai

- 25 seasoned raw mangoes
- 3 pav red chillies
- ½ pav mustard seeds
- 1 handful garlic cloves (peeled)
- 1 handful bengal gram
- ¾ litre thil (gingili) oil
- 1½ pav cooking salt (grains)
- about 1" piece turmeric
- 2 tsps fenugreek seeds
- chopped ginger

Wipe raw mangoes dry with a clean piece of cloth. Cut into big, longish pieces, retaining a portion of the stone in each. Air them by spreading on cloth. Heat thil (gingili) oil and allow to cool. Dry red chillies, mustard and turmeric in hot sun. Powder them and keep aside. Powder cooking salt. Chop ginger. Transfer all the powders to a basin. Mix garlic cloves and bengal gram with them. (No need to boil the gram.) To the aforesaid mixture add ½ cup of thil (gingili) oil, along with cut mango pieces. Mix thoroughly and keep aside. The same evening, and also the next morning, toss the vessel well up and down once. Pickling is done on the second day evening, as follows: First, pour a little gingili oil into the jar and drop some mixture to stand on it as a layer. Fill the jar thus with alternate layers of oil and mixture. Finally pour all the remaining oil on top and keep the jar covered airtight.

29. Papads and Vadis

Potato Papad

1 seer ragi	¼ pav chilli powder
2 kg potatoes	asafoetida water
1 handful salt (grains)	3 cups water (approximate)
2 pav maida	

Soak ragi in water overnight. Next day, wash, grind smoothly. Tie a piece of cloth covering the mouth of a degchi. Strain ragi paste through it, and collect the extract. Repeat the process 2-3 times, adding water to the residue, every time. Mix maida well with a little water, in another vessel, not allowing to form lumps. Then add plenty of water to it. Keep aside both the vessels, under cover, overnight. Next day, decant water on top of both the pastes and discard it. Mix the pastes together, adding ½ litre of fresh water. Boil potatoes. Peel. Mash by pressing in a sev mould and make a lump. Add salt, chilli powder and asafoetida water to the ragi – maida paste and steam in an idli vessel, till sufficiently cooked. (Note: Make sure of this by opening the lid, and testing the hardness with a spatula.) Remove from flame. Soften the cooked paste by pressing in a sev mould. Then mix with the mashed potato. Knead well. Shape small portions of the dough into lime sized balls with greased fingers. Place a ball between the greased surfaces of 2 plantain leaf (or polythene paper) pieces, and flatten into papad by pressing down with a flat board, and gently separate from the leaf (or paper). Finish thus with all the dough. Dry papads in strong sun for 3 hours. Turn over and dry for rest of the day and another 2 days before storing.

Tapioca Papad

1 seer tapioca flour	4 tbsps chilli powder
2 pav maida	½ tsp asafoetida powder
4 tbsps salt (grains)	

Sieve maida, as well as tapioca flour. Mix them together, and soak in plenty of water overnight. Next day, decant water on top and discard it. Add a cup of fresh water to the settled flour. Mix salt, chilli and asafoetida powders with it. Cook on steam. Test dough as in the case of 'potato papad' and then remove from flame. Shape small portions of dough into lime sized balls with moistened fingers. Rest of the method same as for 'potato papad'.

Wheat Semia

1 kg wheat	4 tsps salt
4 tsps sugar	

Soak wheat in water overnight. Next day, grind to a fine paste. Strain through cloth covering the mouth of a degchi. Repeat 2-3 times, adding water to the residue every time. Throw away the residue (husk and waxy portion). Keep aside degchi under cover overnight. On the third day decant water on top, and add sugar and salt along with 4 cups of water to the settled flour. Cook, stirring constantly, till it hardens sufficiently. Then lower the flame and keep the vessel under cover for some more time. Rest of the method same as for 'idiappam' with the difference, the semias are laid on a mat and dried in hot sun, before storing.

Ragi semia is also prepared by the same method as above.

Black Gram Vadi

1 seer black gram dhal	1½ pav salt (grains)
3 seers green chillies	asafoetida water

Soak black gram dhal in water for 3 hours. Wipe green chillies dry, with a clean cloth. Chop them. Grind the soaked dhal to a fine paste (as for 'black gram bonda'). Before taking out add salt, and chopped chillies and grind for another 2 minutes. Add a few drops of asafoetida. Mix well. Drop the mixture, with a table spoon, in lumps on a polythene paper. Dry in sun for a day. Then turn over. Dry the vadis for 4 or 5 days, before storing in an airtight tin.

Ash gourd vadis are also prepared by the same method. Grate ¾ ash gourd (medium size). Squeeze out water and mix the gratings with the above paste, along with a few cumin seeds. No other change.

Garlic/Onion Vadi

½ kg raw rice	½ cup chilli powder
6 onions/3 garlic pods	5 tsps table salt

Soak rice in water for an hour. Wash. Grind to a fine paste. Add salt and chilli powder. Dilute with 3 litres of water used for washing the grinder. Cook the mixture, stirring constantly, till it thickens enough to make lumps. Remove from flame. Mix chopped onion or peeled and crushed garlic cloves, as the case may be, and keep aside under cover. When the mixture cools, prepare vadis by dropping it in small lumps on a polythene paper, using a spoon (or with fingers). Rest of the method same as for 'black gram vadi'.

30. Fruit Salad, Juices and Jams

Orange/Cola

2 tsps orange/cola essence
2 tsps orange/cola emulsion
3 cups water
½ kg sugar
½ tsp citric acid

Add sugar to water. Heat and bring to boil. Mix citric acid. Remove from flame. Strain through a clean white piece of cloth and collect the syrup in another vessel. When cool, add orange/cola essence and its emulsion. Stir well. Store in a clean bottle. Drink can be prepared by mixing the syrup with fresh water in the proportion 1:3, when desired.

Pineapple drink can be prepared by the same method, using its essence and emulsion.

Ice-Cream and Fruit Salad

Ice-cream:

3 tsps custard powder
½ litre milk
¾ cup sugar

Add custard powder to ½ cup of boiled and cooled milk. Mix well and keep aside. Boil the remaining milk. Add the prepared custard paste to it, and stir constantly till it thickens. Then add sugar. Continue stirring for another 10 minutes. Remove from flame. When cool, fill it in an aluminium tray and keep in freezer. After 20 minutes, take out once and stir lightly and put it back. When the cream is sufficiently thick, take out and serve.

Fruit salad:

6 plantains
1 apple
1 pineapple (small)
½ kg grapes
1 mango (thothapuri) fruit
1 papaya (small) fruit
2 oranges
4 tsps sugar

Skin or peel all the fruits, except grapes. Cut them into small cubes. Drop the bits, together with grapes, in a vessel. Mix sugar. Keep in fridge for an hour. Then take out and serve the salad, with a little ice-cream on top, in small glass bowls.

Lemon Sherbet

1 cup juice of lime
2 ½ cups sugar
¼ cup water
½ tsp colouring powder

Extract juice of lime and keep aside. Pour water in a vessel. Add sugar and heat till sticky, stirring constantly. Before syrup is formed, add the colouring powder and remove from flame. When cool, add juice of lime and bottle in jar. Sherbet can be prepared, when desired, by adding enough water to a little syrup in glass.

Fresh lime juice: Pour 6 cups of water in a steel vessel. Add 1 cup (heaped) sugar. Squeeze in juice of 3 limes. Add a pinch of colouring powder (optional). If the seeds of lime begin to float, it shows sugar is sufficient.

Brinda Fruit Drink

Wash brinda fruit. Remove seeds. Chop the flesh finely. Add an equal quantity of sugar. Drop the sugared pieces in a broad vessel. Cover with a thin cloth, and dry in the hot sun for about a week. Then store in a jar. Fruit drink can be prepared, when desired, by stirring one heaped spoon of chopped fruit in a glass of water. Strain, if necessary, before drinking.

Real Fruit Juices

Hints for extracting real juice from fruits:

1. Before extracting juice from tomato, pineapple, apple, sweet lime or orange, peel or skin the respective fruit and discard its seeds.

2. It is preferable to extract juice from tomato by mashing it manually. To the juice got from ½ kg tomato add 4 cups of water, 8 tbsps sugar and juice of 1 lime.

3. Use juice extractor in the case of orange or sweet lime, and add water and sugar to the juice according to taste.

4. For extracting pineapple or apple juice, first skin the fruit, cut into bits and grind in mixie. Strain the juice, add water if necessary, and mix sugar to taste.

Mango Jam

2 cups mango bits
2 cups water
3 cups sugar

Add sugar to water. Heat till syrup is formed, that can be drawn into long strings. Add mango bits to the syrup. Stir constantly on low flame, till the blend thickens. Remove from flame. Store in bottle or jar when cool. (N.B.: Mangoes should be well seasoned and sourish to taste. If quite sweet, 2 cups of sugar will do.)

Tomato Jam

½ kg tomato
1 lime
1 cup sugar

Wash tomatoes. Drop them in a vessel. Add about ½ cup of water. Heat and bring to boil. Remove from flame. (N.B.: Do not overboil the tomato.) Peel. Discard seeds. Grind tomato flesh smoothly in mixie. Add sugar. Heat again, stirring constantly, till the juice thickens to jam consistency. Then remove from flame Mix juice of lime. Bottle when cool.

Gooseberry (Amla) Jam

Take some well seasoned star gooseberries. Wash. Boil in just enough water for 10 minutes. Remove from flame. Mash. Discard seeds. To the pulp add an equal quantity of sugar and one cup of water. Heat on medium flame, stirring constantly, till quite thick. Remove from flame. Bottle when cool.

Mango Murabba

Choose a big mango that is well seasoned, yellow, but not ripe. Grate. Add a cup (heaped) of sugar. Cook the mixture on a low flame, stirring often, till it reaches consistency of jam. Bottle when cool. Goes well with bread or toast.

Pineapple murabba is also prepared by the same method.

Choice of Food and Diet

Balanced Diet

From the health point of view, our diet should have enough calories, enough proteins of good quality (in the form of a suitable mixture of pulses and cereals) and adequate vitamins and minerals (in the form of vegetables and fruits, at least partly raw).

If the present diet does not fulfil the above needs, it can be modified. For this purpose, the suggested pattern of a fairly inexpensive and balanced vegetarian diet is given below. It may be noted that practically all the dishes mentioned in the menu are taken from this book only.

Breakfast
idlis – 3 (small)
sambar – ¼ cup
coffee/tea/milk – ½ cup
curds – 4 tbsps

Lunch
tomato rasam – ½ cup
chapatis – 2 (small)
curds rice – 1 cup
daali thoi – 4 tbsps
vegetable upkari – 4 tbsps
sprouted green gram – 1 tbsp
butter milk – ½ glass
banana – 1 (medium size)

Evening Tea
beaten rice usli – ½ cup
coffee/tea/milk – ½ cup

Dinner
pulka – 2 (small)
rice – 1 cup
bengal gram ghushi – 5 tbsps
vegetable upkari – 4 tbsps
rasam – ½ cup
curds – ½ cup
papaya fruit – 1 piece (medium)
milk – ½ cup

Note: Total calories – 2000. Proteins – 60 gms.

Diet for Diabetics

Breakfast
black gram – maida dosai – 2
sambar – ¼ cup
curds – ½ cup
coffee/tea/milk – ½ cup
(without sugar)

Lunch
rasam – ½ cup
vegetable upkari – 6 tbsps
pulka – 2 (small)
curds rice – ½ cup
sprouted green gram – 1 tbsp
butter milk – 1 cup

Evening Tea
green gram dhal usli – ½ cup
coffee/tea/milk – ½ cup
(without sugar)

Dinner
carrot soup – ½ cup
cucumber pachadi – ½ cup
chapati – 3 (small)
bengal gram masala – 5 tbsps
vegetable upkari – 4 tbsps
curds – ½ cup
milk – ½ cup

Note: 1. Avoid excessive fats and oils. 2. Total calories – 1600. 3. Regular check-up a must. 4. If hypertensive, do the necessary modifications.

Weight Reducing Diet

Breakfast

coffee/tea – 1 cup (with 4 ounce milk and 1 tsp sugar)
whole green gram usli – 1 cup
curds – ½ cup

Lunch

chapati (without ghee or oil) – 2
rice – ¼ cup
ripe tomato pachadi – 1 cup
carrot kosumbari – 1 tbsp
daali thoi – 1 cup
cow's milk (1:1 diluted) – 1½ cups
ripe mango – 1 piece (medium)

Evening Tea

coffee/tea – ½ cup (with 1 tbsp milk and ½ tsp sugar)
upmav – ¾ cup

Dinner

rice – 1 cup
cabbage upkari – 1 cup
ambada gozzu – 2 tbsps
drumstick huli – ½ cup
cow's milk (1:1 diluted) – 1½ cups
banana (6") – ½

Note: 1. Do not eat between the meals. 2. Total calories – 1600 (breakfast – 350, lunch – 600, evening tea – 200, dinner – 450). 3. Protein : carbohydrates : fat – 20:60:20. 4. Avoid alcohol.

Diet for Hypertension/Heart Disease

1. If the body weight is within normal limits, follow the above "balanced diet", with salt restriction.
2. If the body is over-weight, follow the above "weight reducing diet" with salt restriction.
3. Do not add salt to food at the table.
4. Limit the use of salt in food preparation (⅛ tsp per serving of cooked cereal, vegetables etc.).
5. Avoid the following foods: salted snacks, papads, popcorn, banana/potato chips, nuts etc., pickles, seasoning salts and mixes, cultured butter milk, club soda.
6. If a diabetic, modify the diet suitably.
7. Avoid fats containing saturated fatty acids e.g. ghee and coconut oil. Instead, use refined oil, gingili/soya bean oil.
8. Reduce the use of coconut in preparing curries.
9. Limit the use of fluid intake to meet daily needs.
10. Avoid strong coffee.

Names of foodstuffs mentioned in the book and their Equivalents

	GUJARATI	HINDI	KANNADA	MALAYALAM	MARATHI	TAMIL	TELUGU
Cereal Grains and Products							
Ragi	Bhav	Madua	Ragi	Muthari	Nachni	Kezhvaragu	Ragulu
Rice, boiled	Ukadello chokha	Usna chawal	Kusubalakki	Puzhungalari	Ukda tandool	Puzhungal arisi	Uppadu biyyam
Rice, beaten	Pohe	Chewra	Avalakki	Avil	Pohe	Aval	Atukulu
Wheat flour	Ato	Atta	Godhihittu	Gothambu mavu	Atta	Godumai mavu	Godhuma pindi
Pulses							
Bengal gram	Chana	Chana	Kadale	Kadala	Chana	Kothu kadalai	Sanagalu
Bengal gram, roasted	Phutana	Bhuna chana	Hurikadale	Varutha kadala	Phutana chana	Pottu kadalai	Putnalu pappu
Black gram dhal	Udad dal	Urad dal	Uddina bele	Uzhunnu parippu	Uddachi dal	Ulatham paruppu	Mina pappu
Cow pea	Chowli	Lobia	Alasande	Payar	Chavli	Karamani	Bobbarlu
Green gram	Mug	Mung	Hesaru kalu	Cherupayar	Mung	Pasipayir	Pesalu
Horse gram	Kuleeth	Kulthi	Huruli	Muthira	Kuleeth	Kollu	Ulavalu
Peas	Vatana	Matar	Batani	Pattani	Vatana	Pattani	Batani
Thur dhal	Tuverni dal	Tur dal	Thogari bele	Tuvara parippu	Turchi dal	Tuvaram parappu	Kandi pappu
Leafy Vegetables							
Cabbage	Kobi	Band gobee	Elekosu	Muttagose	Kobi	Muttaikose	Gos koora
Colocasia	Alvi	Arwi	Samagadde	Chembu	Alukanda	Seppam kizhangu	Chama dumpa
Coriander leaves	Kothmer	Hara dhania	Kothumbari soppu	Kothamalli	Kothimbir	Kothamalli	Kothimiri
Curry leaves	Mitha limbdo	Kadipatti	Karibevu soppu	Kariveppalai	Kadhi limb	Kariveppallai	Kariveppaku
Spinach	Palak	Palak	Basale	Basala chura	Mayalu	Pasalai keerai	Bachchali koora
Roots and Tubers							
Carrot	Gajar	Gajar	Gajjare	Carrot	Gajar	Carrot	Gajjara gadda
Onion	Dungli	Piyav	Neerulli	Ulli	Kanda	Vengayam	Ulli gadda
Potato	Batata	Alu	Alu gadde	Urula kizhangu	Batata	Urula kizhangu	Alu gaddalu
Radish	Mula	Muli	Mullangi	Mullangi	Mula	Mullangi	Mullangi
Suran	Suran	Sooran	Suvarna gadde	Chena	Sooran	Chenai	Kanda dumpa
Sweet potato	Sakkaria	Shakarkand	Genasu	Sarkarvalli kizhangu	Ratale	Sarkkarvalli kizhangu	Chilagada dumpa
Tapioca	—	Simla alu	Mara genasu	Marachini	—	Maravalli kizhangu	Karrapendalamu

	GUJARATI	HINDI	KANNADA	MALAYALAM	MARATHI	TAMIL	TELUGU
Other Vegetables							
Ash gourd	Kolo (Kohoro)	Petha	Boodugumbalakai	Kumbalanga	Kohala	Poosinikai	Boodida gumadi
Banana, raw	Kela	Kela (hara)	Balekai	Vazhakkai	Kele	Vazhakkai	Aratikayi
Bitter gourd	Karela	Karela	Hagalakai	Kaipakka	Karle	Pavakkai	Kakarakayi
Bottle gourd	Dudhi	Lowki	Sorekai	Charanga	Pandrabhopla	Suraikai	Anaparaya
Breadfruit	—	Madar	Deevigujje	Seema chakka	Vilayati Phanas	Seemepalakkai	—
Brinjal	Ringa	Baingan	Badane	Vazhuthiringa	Vangi	Kathirikai	Vankaya
Capsicum	Motamireha	Sugiya mirchi	Dodmensinakai	Undamulagu	Bhoplamirch	Kodamilagai	Dobbamiraparaya
Cauliflower	Phul gobi	Phul gobi	Hookosu	Cauliflower	Phul gobi	Kovippu	Gosuphuvu
Cucumber	Kakdi	Khira	Southekai	Vellarikka	Kakadi	Vellarikkai	Dosakayi
Drumstick	Saragavo	Saijanki phalli	Nuggekayi	Muringakkai	Shevaga sheng	Muringakkai	Mulaga keda
Gherkins	Tindora	Kunthru	Tondekayi	Kovakka	Thondli	Kovaikkai	Dondekaya
Jack, tender	Kawla phanas	Kathal	Halasu (yele)	Idi chakka	Kacha phanas	Pila pinju	Panasa
Lady's fingers	Bhinda	Bhindi	Bendekai	Vendakkai	Bhendi	Vendakkai	Bendakayi
Pumpkin	Kohlu	Kaddu	Sihikumbala kayi	Mathan	Lalbhopla	Parangikkai	Gummdikayi
Ridge gourd	Turia	Torai	Heerekayi	Pottikka	Dodka	Pirkkankai	Beerakai
Snake gourd	Pandola	Chachinda	Paduvalkayi	Paduvalanga	Padwal	Pedalangai	Potlakai
Nuts and Oilseeds							
Cashewnut	Kaju	Kaju	Gerubeeja	Kasuandi	Kajugar	Mundira paruppu	Jeedi pappu
Peanut	Bhoising	Moong phali	Kadalekai	Nilakkadalai	Bhuimug	Nilakkadalai	Verusanaga
Thil	Taj	Til	Ellu	Ellu	Til	Ellu	Nuvvulu
Fruits							
Banana, ripe	Kela	Kela	Balehannu	Vazhapazhum	Kele	Vazhapazhum	Arati pandu
Gooseberry	Amla	Amla	Nellikai	Nellika	Avla	Nellikai	Usiri kaya
Hog-plum	Ambda	Amra	Amtekayi	Ambayanga	Ambada	Kotte pulchankai	Amratakamu
Jackfruit	Phanas	Kathal	Halasu	Chakka	Phanas	Palapazhum	Panasa
Lime (Lemon)	Limbu	Nimbu	Nimbe	Cherunranga	Limbu	Elumichai	Nimba pandu
Mango, ripe	Keri	Aam (pake)	Mavinahannu	Mampazham	Amba (piklela)	Mampazham	Mamidi pandu
Papaya	Papaya	Papital	Pharangi	Omakai	Popai	Pappali	Boppayi pandu
Pineapple	Ananas	Ananas	Ananas	Kayitha chakka	Ananas	Anasi pazham	Anasa pandu
Orange	Santra	Narangi	Kithilai	Madhura naranga	Santre	Aranji pazham	Kamala pandu
Raisins	Kishmish	Khismish	Drakshi	Mundiringa	Manuka	Drakshai	Kishmish
Condiments and Spices							
Aniseed	Saunf	Saunf	Badesepu	Perinjeerakam	Badishep	Shombu	Perinjeerakam

	GUJARATI	HINDI	KANNADA	MALAYALAM	MARATHI	TAMIL	TELUGU
Asafoetida	Hing	Hing	Hingu	Perungayam	Hing	Perungayam	Inguva
Cardamom	Elaychi	Elaychi	Yelakki	Elathari	Veldode	Yelakai	Elakkai
Chillies	Marcha	Mirch	Mensinakayi	Mulaku	Mirchi	Milagai	Mirapakai
Cinnamon	Dalchini	Dalchini	Dalchini	Patta	Dalchini	Pattai	Lavangapattai
Cloves	Lavang	Lavang	Lavanga	Krambu	Lavang	Krambu	Lavangam
Coriander seeds	Dhania	Dhania	Kothambari	Kothambalari	Dhane	Kothamalli	Dhania
Cumin seeds	Jiru	Jeera	Jeerige	Jeeram	Jira	Jeerakam	Jeela karra
Fenugreek seeds	Methi	Methi	Menthya	Uluva	Methi	Venthayam	Menthulu
Garlic	Lasan	Lashun	Bellulli	Vellulli	Lasoon	Ulli poondu	Ullipayilu
Ginger	Adu	Adrak	Shunti	Inji	Ale	Inji	Allam
Mustard seeds	Raj	Raj	Sasive	Kadugu	Rayee	Kadugu	Avalu
Nutmeg	Jaiphal	Jaiphal	Jajikai	Jathikkai	Jaiphal	Jathikkai	Jajikayi
Omum	Ajmo	Ajwan	Oma	Ayamothakam	Onva	Omum	Vamu
Pepper corns	Mari	Kalimirch	Karimenasu	Kurumulaku	Mire	Milagu	Miriyalu
Poppy seeds	Khus khus	Post dana	Gasgase	Khasakhasa	Khas khas	Khasa khasa	Gasagasulu
Tamarind	Amli	Imli	Hunisehannu	Puli	Chinch	Puli	Chintha pandu
Turmeric	Holad	Haldi	Arshina	Manjal	Halad	Manjal	Pasupu
Milk Products							
Butter	Makhan	Makkan	Benne	Venna	Loni	Vennai	Venna
Butter milk	Chhas	Lassi	Majjige	Moru	Tak	Moru	Majjiga
Curds	Dehi	Dehi	Mosaru	Thayir	Dehi	Thayir	Perugu
Ghee	Ghee	Ghee	Thuppa	Ney	Thup	Ney	Neyyi
Other Foodstuffs							
Sago	Sabudana	Sago	Sabakki	Sago	Sabudana	Javvariji	Saggu biyyam
Jaggery	Gol	Gud	Bella	Vellum	Gul	Vellum	Bellum

Index

Adai 79
Adgai 49
Alambe ambat 37
Alambe buthi 38
Alu bonda 91
Alu matar 90
Alu paratha 86
Alwathi 37
Appe 80
Arrowroot duddali 65
Arvi roots humman 44
Ash gourd saasam 43
Avial 30
Awakkai 112

Bakala bhath 69
Bajes 94
Banana gozzu 18
Banana pudding 64
Banana saasam 44
Batani bendi 46
Batat phov 70
Bengal gram ghushi 34
Bengal gram sukke 40
Bengal gram suran 34
Beans curry 27
Beans menthekai 45
Beaten rice chutney 70
Beaten rice pachadi 69
Beaten rice usli 70
Biscuit puri 85
Bisibele bhath 56
Bitter gourd bits 49
Bitter gourd buthi 39
Bitter gourd fries 53
Bitter gourd gunu 30
Bitter gourd kosumbari 23
Bitter gourd pickle 48
Bitter gourd rings 53
Black gram bonda 92
Bombay toast 68
Brahmi leaf chutney 20
Bread bonda 91
Bread rolls 69
Brinda fruit drink 116
Brinjal bajji 17
Brinjal bharth 43
Brinjal sagle 52
Brinjal upkari 26
Buns 86
Burfi, ash gourd 103
Burfi, besan 102
Burfi, cashewnut 104
Burfi, coconut 102
Burfi, rava 103
Butter milk kadi 12

Cabbage bonda 54
Cabbage hasi 21
Capsicum pickle 48
Capsicum, stuffed 51
Capsicum sukke 40
Carrot kosumbari 23
Carrot pudding 63
Cashewnut baje 95
Cauliflower pickle 47
Cauliflower special 90
Chapati 85
Chewda 100
Chips, banana 96
Chips, potato 96
Chitranna 55
Chole batura 87
Cochin masala 34
Coconut chutney 20
Coconut sannan 32
Coconut toffee 102
Colocasia root upkari 27
Coriander leaves chutney 19
Cucumber – cowpea huli 16
Cucumber doddak 84
Cucumber mudde 81
Cumin – pepper kadi 12
Curds rice 58
Curry leaves chutney 110
Curry leaves saar 8
Cutlets 83

Daali ambat 36
Daali thoi 11
Dailath sagle 42
Dangar 54
Dhal rasam 9
Dhal vadai 93
Dood paak 59
Dood peda 107
Dosai chutney 19
Drumstick fries 53
Drumstick leaves curry 38
Dudisannan 81

Eriappe 80
Erriserry 35

Fruit juices 116
Fruit salad 115

Gajbaj ambat 29
Garden greens pachadi 21
Garden greens upkari 25
Garlic chutney 20, 111
Garlic potato 46
Gherkins thalasan 28
Ghushi pathravade 31
Ginger chutney 20
Ginger pachadi 21
Green gram dhal usli 68
Green gram dosai 78
Green tomato chutney 45
Gulab jamoon 107

Halva, ash gourd 103
Halva, banana 105
Halva, bottle gourd 103
Halva, carrot 104
Halva, plantain 105
Halva, wheat 105
Horse gram doddak 72
Horse gram idli 72
Horse gram kadi/saar 8
Horse gram koddel 39
Horse gram upkari 8

Ice cream 115
Idiappam 74
Idli, plain 71
Idli, sweet 81

Jackfruit patholi 82
Jackfruit payasam 60
Jam, gooseberry 117
Jam, mango 117
Jam, tomato 117
Jilebi 108

Kalan 35
Kanahindri 63
Kanchipuram idli 72
Kela masala 46
Kesar bhath 63
Kharbuza rasayan 62
Kheer, white 61
Khotte 71
Kichidi 64
Kodbala 98
Kolambu, goddu 15
Kolambu, vetral 15
Kootu 38
Kurma 89

Laddu, besan 101
Laddu, churmi 101
Laddu, sev 101
Laddu, thil 101
Lady's finger baje 95
Lady's finger gozzu 18
Lady's finger, stuffed 51
Lemon gozzu 17
Lemon sherbet 116
Lime pickles 112
Lime, salted 112

Maddur vadai 93
Madgane 60

Maida dosai 75
Majjige huli 16
Malpuri 106
Mando 66
Mangloor bonda 92
Mango murabba 117
Mango pachadi 21
Mango pineapple saasam 44
Mango rasayan 62
Mango upkari 27
Masala butter milk 12
Masal dosai 76
Masal idli 73
Masal vadai 92
Matar paneer 89
Menskai 50
Methi dosai 78
Mixed veg. soup 10
Modak 6
Molaga podi 111
Moru kolambu 15
Murku, 4 flour 100
Murku, maida 99
Murku, potato 100
Murku, rice 99
Musti dosai 76
Mysore paak 106

Naan 87
Nevri 7
Nippat 96

Obbattu 65
Olan 35
Onion gozzu 18
Onion kolambu 14
Onion thambli 13
Oothappa 77
Orange/cola 115

Paal poli 62
Paan patholi 82
Pakora 94
Palappam 78
Panchakajjai 7
Panpolo 75
Papad, potato 113
Papad, tapioca 113
Paratha 86
Parpu podi 111
Pathravade 31
Pathravade, roasted 32
Pathravade, usli 33
Pav bhaji 88
Peanut baje 95
Peanut chikki 103
Pepper idli 73
Pesarat dosai 79
Phenori 106
Phodis 53
Plantain pith hasi 22
Pongal, sakkarai 55
Potato bhaji 88
Potato bharth 42
Potato fried upkari 26
Potato gozzu 17
Potato humman 44
Potato masiyal 36
Potato song 41
Potato soup 9
Potato sukke 41
Potato thoi 10
Powder, garam masala 109
Powder, huli 110
Powder, Madras rasam 109
Powder, Mysore rasam 110
Powder, sambar 109
Pulav 58
Pulikoddel 40
Puliyam sadam 57
Puliyogare mix 57
Pulka 86
Pulses upkari 24
Pumpkin core thambli 13
Pumpkin flower fries 53
Puri 85

Radish bonda 54
Radish thalasan 28
Ragi duddali 64
Rava bhakri 83
Rava dosai 75
Rava idli 71
Rava kheer 61
Rice payasam 59
Rice roti 83

Saar-cum-upkari 24
Saat 108
Sada (plain) dosai 76
Sago dood paak 59
Sagu 89
Sambar 14
Samosa 94
Sandwiches 68
Sanna khotto 32
Sanna polo 33
Sapada bhakshya 6
Semia kheer 61
Semia usli 74
Semia 114
Sev (ompudi) 97
Sev, khara 97
Sheera 104
Snake gourd seed sanna polo 33
Snake gourd, stuffed 52
Soornali 77
Soornali, ash gourd 77
Soornali, coconut 77
Soornali, cucumber 77
Soornali, sweet 77
Spinach bendi 41
Spinach papaya ambat 37
Sprouted green gram kosumbari 22
Stew 88
Sukian 66
Sukrunda 6
Sundal 28
Suran koot 50
Sweet sour gozzu 17

Tender cashewnut upkari 26
Tender cucumber hulel 22
Tender cucumber saasam 44
Tender jack chakko 42
Tender shoots thambli 13
Tender thur upkari 25
Thakka ambat 29
Thambude 47
Thayir vadai 93
Thinglad 99
Thousali 84
Thukdi, biscuit 98
Thukdi, savoury 98
Tomato chutney 19
Tomato rasam 8
Tomato salad 18
Tomato soup 10
Twelve in one chutney 95

Upmav 67
Undi, rice 73
Ussal 89

Vaag 47
Vaangi bhath 67
Vadi, ash gourd 114
Vadi, black gram 114
Vadi, garlic 114
Vadi, onion 114
Vegetable idli 73
Vegetable upkari 25
Venn pongal 56
Vern 11

Wheat payasam 59

Yogirathna 29